# GLAMOUR.CO.ZA South Africa DECEMBER 2015 R33 (Incl VAT)

<u>Bikini</u> body

Your flat-tummy plan: what to work, eat and avoid

- \*Holiday
- \*Party makeup \*Festive fashion
- \*Radiant skir

goes wrong #FiftyShadesFa

and beau hamper

**JESSIC** 

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### GLAMOUR 2015

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for your complexion woes

### CLAMOUR SHOPZA

Look out for GLAMOUR Gold. This is the highest accolade we can give, and it's your instant route to the very best style or value buys of the month.

Support South African artisans and enterprises! Keep an eye out for Shop ZA – it's all about fabulous local creativity.

Win! Win! Win!

56 A Johnson's Face Care hamper

66 One of 15 hampers from

76 One of 10 Nomination

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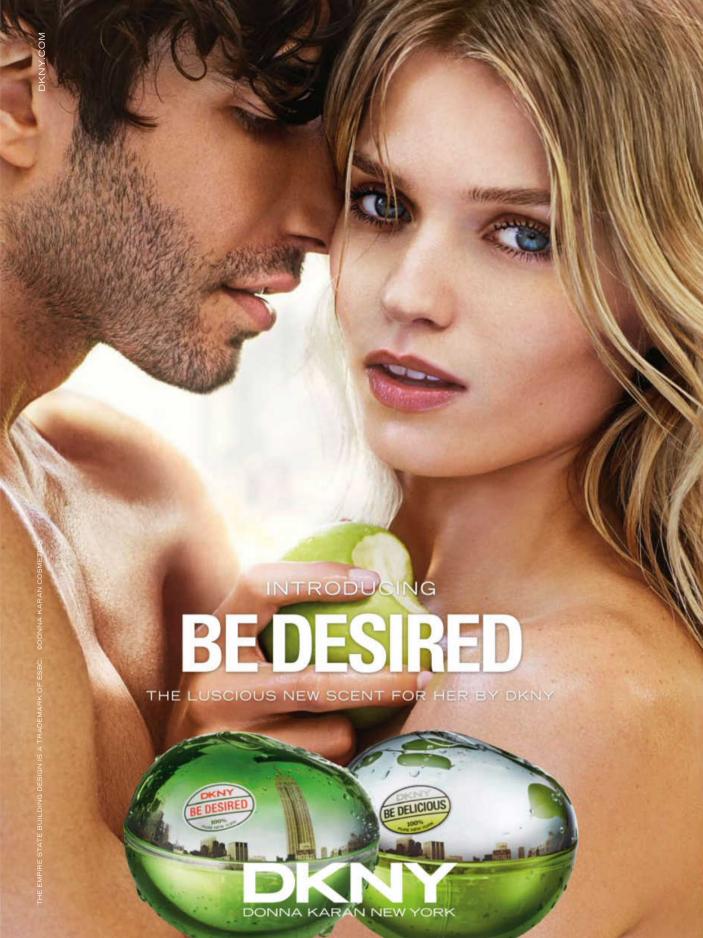
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# **GLAMOUR**confidential

# Let the fun begin!

Festive-season giving, loving and sharing? Yes, yes and yes, because you really do deserve it all!

oast turkey and SPF50 sunblock, gold baubles and beach braais, glittery reindeers and kids in flipflops – it's hard to beat the South African festive season for a fantastic mix of global and local, traditional and new. Our job in all of this: to encourage you to have an insanely fun, loving and celebratory time.

The giving mood starts with the sexy eyeshadow palette that came free with this issue and it continues with a feast of fashionable notions, beautiful expertise, stylish guides and interesting reads. You'll find even more fabulosity on GLAMOUR.co.za, so we're sure you won't be short of inspiration and entertainment in between the end-of-year whirl of socialising, sharing and "What the heck, I'll have another piece of cake, thank you." Blessings to you and everyone dear to you, and please don't be too very good as you –

Live the life. Fill it with GLAMOUR!



Pnina Fenster, editor

### It's a GLAMOUR-to-go festive-season bonus!





Claudia Collins

at the Great

Penny Lotz

at the Kruger

National Park.

Wall of China







Sarah White on Mahé Island in

the Seychelles.



**GLAMOUR TO GO!** We're celebrating this festive season, so we've chosen six great GLAMOUR-to-go pics from the past year. Congrats, ladies! You've each won a Benefit makeup hamper worth R1 300 each. Send us a pic of yourself with the most recent GLAMOUR in a fun spot to win, too!







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# Photography: Peopleimages.com

# **GLAMOUR**

Question of the month

### How will you stay sane this summer?

The GLAMOUR team responds.



### Editor Pnina Fenster

pnina@condenast.co.za

I love summer insanity, but if things get too crazy, I meditate. I've been doing it since my father gave me a meditation course as a 21st birthday gift. Also, martinis!

Deputy Editor and Beauty Director Michelle Brownlee Smith

michelleb@condenast.co.za

I'll take long walks and have long naps.

Managing Editor Staci Lazarus

staci@condenast.co.za

Three words: pool, beach, wine.

Art Director Stefania Origgi

stefania@condenast.co.za

I'll read as many of the books on my year's reading list as I can, and I'll cook the meals I haven't had time to. And sunblock. Ain't nobody got time for sunburn!

Senior Copy Editor Karen Tennent

karent@condenast.co.za

By focusing on me. Sometimes you need to forget about pleasing everyone else.

Senior Fashion Editor Andrea Albertyn

andrea@condenast.co.za

With lots of sun and a mimosa in hand at all times.

Special Projects and Events Manager Sarah Tuft

saraht@condenast.co.za

I'll be doing yoga, chilling on the beach and reading.

Designer Zulpha Meyers

zulpha@condenast.co.za

I'll surround myself with family and friends.

Junior Copy Editor Tendani Mulaudzi

tendani@condenast.co.za

I'll spend quality time with friends, read brilliant books and invest in a fan!

Features Writer Nandi Ndlovu

nandi@condenast.co.za

By not wasting any opportunity to have fun in the sun - hello, sundowners!

Syndication and Editorial Assistant Micarla Lucas-Kadir

micarla@condenast.co.za

I'll hide the scale, eat lots of ice cream and ignore private numbers. Namaste.

Fashion Assistant Mandy Nash

mandy@condenast.co.za

By having pocket-sized sunblock with me everywhere I go.

Beauty Assistant Lesley Mathys

lesley@condenast.co.za

I'll enjoy good food, great drinks and even better company.

Promotions Executive Lauren Williams

promotions@condenast.co.za

I'll relax by the pool with loads and loads of ice cream.

Editorial Executive Eva-Maria Shuman (JHB)

**GLAMOUR work experience** Chelsea Turton

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# Lupita Nyong'o cover photography: Tom Munro. Tweets and star letter edited for spelling and grammar

# **GLAMOURalert**

It's all about you - your opinions, your style... tell us everything!

### Star letter

We get tons of emails and letters each week. Here's this month's favourite.

I enjoyed taking the quick quiz to reveal if I'm a 'Work rebel or people pleaser' (September '15), and the results were no surprise - I'm an obliger.

For as long as I can remember, I've accepted any work that's been thrown my way with no complaints, but it has always frustrated me that more often than not. I come up short when I try to meet my own deadlines because I've been too busy helping everybody else.

Since reading this article, I've drawn up a priority list for myself and stuck it on my office wall. Now, when people ask me to help them, I point to my list and ask them if they can wait until I'm finished with my work, first.

Thank you GLAMOUR for the excellent advice, both work and otherwise! - Nadia Marry, via email

### WRITE TO US...

Nadia's won an Eau de Lacoste Pour Femme EDP and an Eau de Lacoste Blanc EDT worth R2 120! Send a letter, email or GLAMOURto-go pic to glamour@ condenast.co.za, or GLAMOUR Mailbag, PO Box 16414, Vlaeberg, Cape Town, 8018 to win.





From frenchpressmornings.com.

### **SEE IT, SHARE IT**

Our favourite forwards this month! Share with 'GLAMOURsa' on Pinterest.



Found on designlovefest.com.



From brightandbeautifulblog.com.







GLAMOUR in an interesting spot to win, too.





### SHORT 'N TWEET @GLAMOUR sa

Every time I get my hands on GLAMOUR, my mind just stops. @GLAMOUR sa. the content is always stellar. - @being lizzie

### @GLAMOUR\_sa

I got into the car and couldn't wait to open my October GLAMOUR. Kim is everything. - @Lelo Coza

### @GLAMOUR sa

Thanks for the title of #ManCandyMonday! Truly honoured.

- @Ewan Strydom

Kayli Levitan! What a great pick for @GLAMOUR sa Women of the Year 2015 #lifestyleblogger @pninafenster.

- @TamaraMetrowich

@GLAMOUR sa Thanks for making a difference #TweetForATree.

– @UnileverSA

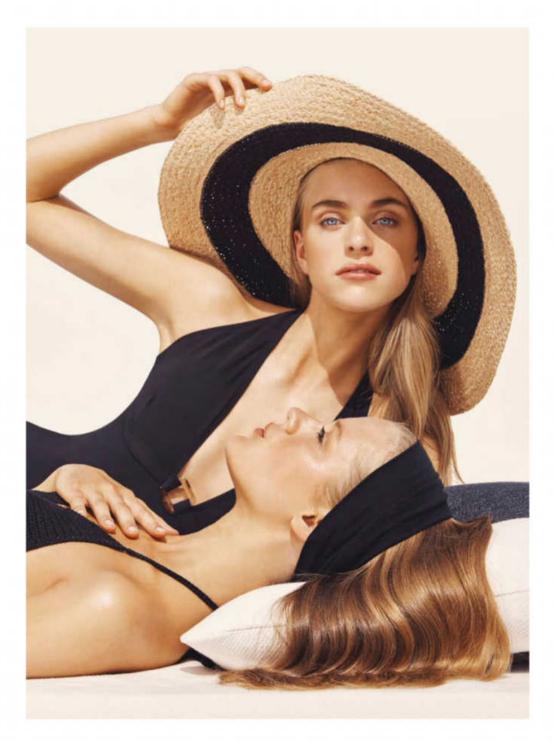
Thanks @GLAMOUR\_sa for the sexy excerpt of #TWO in your October issue! Get it now folks. - @SelineVW

Thank you for the gift @GLAMOUR sa. The new #FlowerByKenzo L'Élixir is le heavenly! - @LeCuriousLife

Thanks for this inspirational and encouraging issue @GLAMOUR sa.

@TasiaBrummer

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Get the A-list look with advice from GLAMOUR deputy editor and beauty director Michelle Brownlee Smith.

### The shades

Want to know how to use the great eyeshadow palette that came with selected issues of GLAMOUR this month? "Both the brown palette. with its rich chocolate and caramel shades, and the grev palette, with its gunmetal and platinum hues, will work for events ranging from work to a wedding." advises Michelle. "Use the four-step guide below and customise the application to make the most of the shape of your eyes," she adds.

### The basic application

Create the perfect smoky eye in four easy steps.

Apply the medium shade (top right) over your entire eyelid and up to the crease. Then gently blend it along your lower lash line.

Ot the lightest shade (top left) in the inner corner of each eye and below your brows from the arch to the end for a highlight.

→ Work the darkest shade (bottom right) along your top lash line and into the crease from the outer corner. Build the colour slowly. Want to create a liner? Carefully dip the applicator in a drop of water, then into the eyeshadow.

Use your fingertip to gently dab the shimmer shadow (bottom left) onto the middle of your eyelid for shine. If you want more intensity, apply black liner to the top and bottom lash line, and smudge with an earbud. End with two coats of mascara.

**GLAMOUR EYES** 

### If you have... Downturned eyes

When your eyes dip at the outer corners, like Maggie Gyllenhaal's, work the medium shade into the crease and blend upwards. Then apply the darkest shade at the outer corners to create the illusion of lift.

When the whites of your eyes are particularly prominent, like Kerry Washington's, apply the shadow as instructed left. but work the dark shade in a thicker line along your eyelashes so that your eyes look brighter and wider.

### Hooded eyes

When the crease of your eye isn't visible, like Rose Byrne's, work the medium shade into it and blend upwards to create a subtle shadow on the lid. Then apply the lightest shade on the brow bone for illuminating definition.

### Round eyes

GLAMOUREYES



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# Glamourama

News, views and DOs and DON'Ts



### glamourama

### **DO** you have an entourage?

You're nobody until somebody, well, likes you. Meet the hardest-working BFFs on social media. You may not remember their names, but you may recognise their faces. Or, perhaps you're already following them – as well as their famous mentors.



Melissa Forde (@mdollas11) Followers 588 000 Insta-bestie Rihanna RiRi's baddest girl from Barbados is never further than a quick blunt roll away. Now she's even got her own hat collection to call her own. You have to start somewhere - she chose up top.



Lil Za (@thworldshero) and Lil Twist (@liltwist) Followers 535 000 and 663 000 Insta-bestie Justin Bieber The rapper brothers and alleged roomies of Justin have been by his side during every step of his descent into infamy - Za was busted for drugs at Biebs' mansion, Twist for a DUI in his car.



Chevne Thomas (@chevthom) Followers 295 000 Insta-bestie Miley Cyrus He's her assistant, they have matching tattoos, these two are '4eva'. Gossips think they're an item, especially after grinding on stage, but Miley grinds anything - just ask that big teddy bear.



Alexa Luria (@lexie1225) Followers 484 628 Insta-bestie Ariana Grande A word of caution: if you take too many selfies with your BFF, you will start to look exactly like her. Of course, that may have been Lexie's secret plan all along: they've been friends since the age of 10.



Courtney Barry (@courtneyjbarry), Ashley Cook (@ashley\_cook) and Raquelle Stevens (@raquelle Stevens) Followers 149 000, 152 000 and 91 400 Insta-bestie Selena Gomez

out with Selena at a pool or on a yacht.





### **DO** get this summer playlist

By GLAMOUR Women of the Year winner DJ Zinhle.

"SA music dominates my playlist and I'm very proud of that because as an artist, I realise the importance of appreciating and buying our own talent. These are tracks that I listen to daily and play in the club - people

are enjoying local more and more."	
1 'Waiting for love' Avicii	ıı   •
2 'A week ago' Tribal X Aewon Wolf	н ] 🕨
3 'Sweetie' Heavy-K ft Nokwazi	n   •
4 'Mount Everest' Tresor ft AKA	n   •
<b>5 'We dance again'</b> Black Coffee ft Nakhane Toure	n   •
6 'Hey Mama' David Guetta ft Nicki Minaj, Bebe Rexha and Afrojack	n   •
7 'Shumaya' Dbn Nyts ft Zinhle Ngidi and Trademark	n   •

Deorro X Chris Brown

### **DO** stand out in yellow

It's bright, it's bold and it's ideal for summer. Get inspiration from these celebs who are having a love affair with yellow.



Caroline Byron in Cushnie Et Ochs.



ABOVE June Ambrose in Bibhu

Mohapatra. BELOW Sufe

Bradshaw in Gauri & Nainika.





Mindy Kaling in Salvador Pérez.





Italian blogger Chiara Ferragni of The Blonde Salad (theblondesalad.com) shows you how to keep things bright, playful and individualistic.

Quirky appliqué updates a classic denim shirt, and we love how Chiara wears hers as a jacket.

Now it's time to have fun with colour. We adore bold stripes, and this vinyl finish is bang on trend.

Adding to the striking effect of this ensemble: the great fit of the short, high-waisted A-line skirt and the frilled crop top.

Experiment with add-ons like big, chunky bracelets and patent platforms.



DOs and DON'Ts of rainbow stripes



We DO like Olivia Wilde's mix of edgy and feminine.



DO pair a colourful piece with a neutral base.





Not for Sale to Persons Under the Age of 18.

### glamourama



### Treat your feet? It's a **DO!**

Rene Motaung, brand manager for Steve Madden, shares this season's key trends.

### How did the Steve Madden brand start?

Born in New York City, Steve Madden learnt about the shoe business at women's boot company LJ Simone, where he worked for nine years. Determined to start his own shoe line, he quit in 1988 and founded his company two years later.

It wasn't easy and the entrepreneur manufactured 500 pairs of his first design, the Marilyn, on credit, took them to shops and sold them out of the boot of his car. And he succeeded! Three years later he opened his first retail store, his signature chunky heel was a hit and his brand grew in popularity.

### What are the major shoe trends for this season?

This summer, look for details like fringing, lace ups, white soles and bright pops of colour. It's all about versatility and being able to dress a look up or down with your shoes alone. What are the classic must-have shoes?

A must-have for every woman is a flat ballet pump or sneaker, a neutral court and a sexy evening sandal. What can we look forward to from Steve Madden this season?

In this season's range, invest in the [1] Proto, a leather point-toe court; the [2] rhinestone-covered Stecy-R evening shoe; the [3] Slithur, a caged dress sandal in bright colours; and the [4] Presidnt, a heeled sandal with wraparound ankle tie.

Steve Madden is available in Joburg at Sandton City, Fourways Mall and Eastgate Mall, and in Cape Town at Canal Walk, and at select Edgars stores nationwide.

### Three shoe quotes we love

"You can never take too much care over the choice of your shoes. Too many women think that they are unimportant, but the real proof of an elegant woman is what is on her feet." - Christian Dior

"A woman with good shoes is never ugly."

- Coco Chanel

"Give a girl the right shoes and she can conquer the world." - Marilyn Monroe



# **DON'T** you adore It-girl **Jillian Hervey**?

Vanessa Williams' daughter roars on the scene with Lion Babe's debut album.

harrell Williams producing an artist's debut single is like Steven Spielberg casting an unknown in his next blockbuster - it's a star-making moment. There was, therefore, good reason to take notice when the New York-based duo Lion Babe released 'Wonder woman' in March. Then catching sight of Lion Babe's 26-year-old front woman, Jillian Hervey, with her mesmerising blonde tangle of tresses, made it impossible to look away. "I grew up in Westchester, New York wearing my hair super straight," Jillian says. "I had no understanding of natural black hair."

The daughter of singer and actress Vanessa Williams, she was raised around performers - "I used to think all the guys in my mom's glam squad were my uncles," Jillian says - but began writing music only after meeting her producer and band mate Lucas Goodman five years ago. The pair have a contemporary take on funk and R&B that recalls early Lauryn Hill and Erykah Badu, but with an electronic edge. But perhaps the biggest surprise is that it's Lucas, as well as Jillian, who's the band's namesake. "He's a Leo!" Jillian says.

# BVLGARI



### **GOLDEA**

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Time to celebrate

With love from our fashion and beauty eds: your total guide to holiday looks and festive flair.

"Delete the negative; accentuate the positive!" – Donna Karan



**platforms** Bronx Woman R499 Text: Celia Ellenberg, Maureen Choi; Photography: Mark Leibowitz, Antonello Trio/IMAXtree.com, Alessandro Lucioni/IMAXtree.com, Ed Kavishe/IMAXtree.com, Andrea Adriani/IMAXtree.com, IMAXtree.com; Stills photography: Andre Wepener/Pixel Lounge, Gallo Images/Getty Images, Fashion assistant: Many Nash

# season, sorted

dressed up with eveywhere to go! This is your guide.



# Mail it!

Jelly-like, transparent nail colours are insanely chic, light and so easy to use. Here's how to do them right.

Next time your nails are on show, try this pretty new nail polish texture: it's translucent and brilliantly shiny. Plus it's practically foolproof; no need for perfect paint jobs as see-through shades are super forgiving. We love [1] Mavala Nail Colour Cream in Candy Apple (R72) and [2] Dior Nail Glow (R365). The one catch? Proper nail prep is an absolute must - you want your nail polish to be pretty, not streaky, insists manicurist Deborah Lippmann. Here's how: buff out any ridges and discolouration (your nails should be smooth and clear to start), and soften your cuticles with a cuticle remover before gently pushing them back. Apply a base coat, then swipe on one or two thin coats of translucent nail polish, depending on the tint you're after. For extra pop, layer a sheer nail polish over a white or silver base, advises nail artist Simcha Whitehall, aka Miss Pop. Throw on a topcoat and sandals, and go!



# Look the part all day No matter where you're headed, find the look for you.



# hion + beauty flash holiday hits Quilted clutch







fashion + beauty flash holiday hits

# Phinmer on

Glitter can be for grown-ups when worn correctly.

MOISTURISING

**BOLD** DVERSIZED FELT EYELINER

BOURJOIS

### For a touch of alitz

Glitter gets a bad rap for being messy and retro. True, "it can be a nod to the '70s", says makeup queen Pat McGrath, who created embellished eyes at Anna Sui. The key to a look Pat describes as "cosmic"? Restraint. "It is bareness that makes it modern," she explains.

Use a neutral eyeshadow - a soft, shimmering taupe or a cool pearl - and then lightly dust on a similarly hued. glitter-flecked shade. TRY [1] Bourjois Smoky Stories Ouad Eveshadow in 6 Upside Brown (R149.95). Keep your face clean: no blush, no bronzer.

### For sexy eyes

"Silver and gold eyeshadows pull you out of your everyday look," explains Linda Cantello, international makeup pro for Giorgio Armani Beauty. For a dimensional smoky eye, apply a warm bronze shade from your lash line to the crease, then add a smokier pewter tone along the crease.

Makeup artist Charlotte Tilbury also likes warm copper and amber hues, but prefers cream formulations to powders. "They're more forgiving and easier to work with," she explains. TRY [2] Max Factor Excess Shimmer Eyeshadow in 20 Copper (R129.95).

Blend with your ring finger, then apply a few coats of black mascara.

## For a brightening effect

Got a shimmering, champagne-hued highlighter? "You probably use it on your brow bones and the inner corners of your eyes, but it also works to sculpt stronger cheekbones, down the nose and on the Cupid's bow for a gorgeous

candlelit effect," advises Charlotte, who uses the fine powder in [6] Essence Sun Club 2 In 1 Bronzing Powder (R67.50) to give clients like supermodel Kate Moss a subtle, ethereal glow.

6

For the same effect on your body, add a liquid luminiser to your body lotion. We recommend [3] Clarins Instant **Light Radiance Boosting Complexion** Base (R345) for its shine properties.



Feeling bold? Try strong black eveliner. like [4] The Body Shop Bold Oversized Eyeliner (R160), with sequins. Dior makeup artist Peter Philips suggests applying small sequins to the centre of the upper lash line to catch the light and create a "pretty spectacular" effect. Just dab a bit of eyelash glue on each sequin and press onto the lid; remove with an oil-based remover.

### For subtly sparkly nails

For a chic evening alternative to gold or silver, Sally Hansen global nail artist Madeline Poole likes two coats of blue or purple metallic polish, like [5] Morgan Taylor Nail Lacquer in Rhythm and Blues (R123). She also suggests shimmering French tips. mini foil details or a coat of glitter polish applied over an edgy, dark nail.







#### fashion + beauty flash holiday hits



## Be heaven scent

Fragrances we'd love to find under the tree. Hint, hint.

- [1] Fantastically fresh Elizabeth Arden Untold Eau Fraîche EDT 100ml R795 [2] Perfectly sophisticated Alaïa Paris EDP 50 ml R1 125 [3] Deliciously rich Lancôme La Vie Est Belle Intense EDP 50ml R1 300 [4] Hypnotically sensual Avon Attraction For Her EDP 50ml R370
- [5] Delightfully daring I Am Juicy Couture EDP 100ml R1 050 [6] Sweetly romantic Revlon Pink Happiness First Love EDT 50ml R289
  - 7] Addictively classic Chanel №5 Eau Première 35ml R1 055 8 Charmingly sleek Yardley Bond St EDP 50ml R350
  - [9] Elegantly tempting Bulgari Goldea EDP 50ml R1 375 [10] Intensely fruity Jimmy Choo Blossom EDP 60ml R795





## ROYALTY REWARDS

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## Be natural

Want the easiest, softest, sexiest hair? Then leave it (almost) alone.

Air-drying used to be what you did when you were lazy or running late. Now it has a method and a goal: casual bends, loose waves and cool, unaffected curls. That means the perfect holiday hair!

#### How to air-dry

Start by blotting just-washed hair with a 100% cotton towel or T-shirt (terry cloth can produce frizz). Plan on at least an hour for fine hair to dry and three for thick hair. Then tend to your hair a little as it dries to prevent knotting.

If your hair is **Straight** 

OK, so you want your hair to look like Blake Lively's - who doesn't? Start with mousse, then tuck your hair behind your ears as it dries, says hairstylist Bryce Scarlett.

You can leave it at that or, to get even more bends, divide your hair into four sections and twist each away from your face. "The more you re-twist as it dries, the more pronounced the waves will be," says hairstylist Teddi Cranford. TRY [2] Davines More Inside Volume Boosting Mousse (R265).

If your hair is

Saturate wet hair with a rich styling cream, then twirl small sections of your hair tightly with your fingers. Once it's dry, gently pull the coils apart for definition, adding more styling cream if needed. TRY [4] Mizani Coconut Soufflé (R167).

If your hair is Wavy

Work a light smoothing cream through your hair, then divide into two sections and loosely plait. Undo the plaits before they're fully dry. "That loosens up the waves so that they don't become crimped," says hair pro Mara Roszak, "If they do end up too tight, mist with a little water and they'll loosen up."

Another way: twist hair into a top knot and secure with bobby pins, leaving the last 7cm free. "The ends of wavy hair get way too curly if you tuck them into a bun," explains hair guru Mark Townsend, TRY [3] Kiehl's Silk Groom Serum (R315).

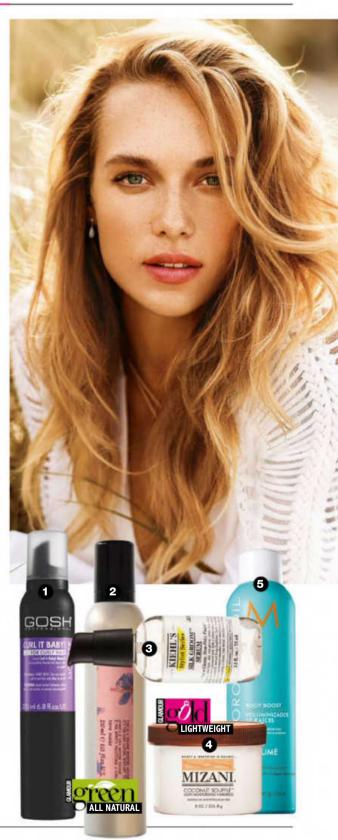
If your hair is

Work in mousse, then put your hair in a high ponytail secured with a soft hair scrunchie. "This pulls up the roots to stretch out the curl," says hairstylist Anthony Dickey, and the scrunchie won't leave a dent.

As with wavy hair, you can also braid or twist it into two sections. Start with wet hair and use alcohol-free, waterbased mousse as this kind won't damage curls or make them crunchy. TRY [1] Gosh Curl It Baby! Mousse (R75).

#### How to fix mistakes

If your hair dried unevenly, mist a hairspray on your roots for volume. TRY [5] Moroccanoil Root Boost Volume Spray (R340).





Lipidol is a range of six new oils for daily skincare. Featured product: Lipidol After Shower Oil 175ml. Supplements the skin's natural oily layer stripped away by daily washing. Available at selected Clicks stores at the recommended retail price of R79.95. lipidol.com









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## THE PART YOUR SHAPI

Celebrate the festive season in style with a hot little number that flatters.

#### **Athletic**

"This festive season, I want to look glammed up and hot, but I'm worried about my tummy - especially in a tight sheath dress. Luckily, the graphic geometric print on this version distracts from my midsection and highlights the curves that I do want to show off.



#### fashion flash figure fixing



Skater dress Revenge at Spree.co.za R249

#### **Pear**

"I'm quite self-conscious about my butt and my thighs, which makes buying many dresses a problem for me.

"But the high-waisted cut and flared skirt of this cute gingham skater dress highlight my top half and detract from my bottom half, and even though it's short, I don't feel exposed because of the three-quarter sleeves.

"This frock flatters my figure to a tee, and it's something that I could dress down with sneakers or take out on the town with fabulous heels, like these point-toe pumps. I look much slimmer - and I feel great!" @

- ERIN ASCUELI, 20, COMPUTER SCIENCE STUDENT

### **ERIN WEARS Dress** Forever 21 R329; necklace Accessorize R299; **cuff** Lovisa R180; **heels** Zoom R499 Flared skirts work wonders for bottomheavy pears.

**Hourglass** 

A peplum

draws attention

to a tiny waist.

"I like having an hourglass figure, but I worry that my middle looks larger than it is - especially in a white dress! Now I've realised the power of a good peplum: the flattering pleats make my waist look small while showing off my curves, and I like how it draws attention to my legs and these gorgeous two-tone heels.

"As for the top, my bust can't handle anything too strappy, so this silhouette is perfect. This is totally my style: sexy and elegant, with a touch of fun. I'm proud of my figure and ready to show it off!" - ASITHANDILE MHAGA, 23,

**JOURNALISM GRADUATE** 



**ASITHANDILE WEARS Dress** River Island R1 399; necklace MrP R49; cuff Lovisa R230; heels Aldo R1 095

Peplum dress Sober at Spree.co.za R1 345

Jewellery SOS? Read this.

own-the-sink disaster? Favourite bracelet bust (sob)? There is something you can do. We consulted Hayley Kruger, a designer and tutor at the London Jewellery School, to find the fix.

#### Argh. My ring's...

Fallen down the sink Turn off the tap immediately. Look under the sink for the P-trap (the pipe that bends like a 'U') and place a bowl underneath. There'll be two thick, ridged bands you can unscrew to make the bottom of the 'U' come off (you might need pliers). Some sludge will drain out, so don rubber gloves.

Totally stuck! Get a piece of stretchy elastic or cut open a long elastic band, and wrap it tightly round and round your finger, moving from your nail towards the ring. When the elastic is by the ring, push it under a pair of tweezers and catch it on either side. Wind the elastic towards your fingertip - the ring will spiral downwards and come off.

#### My finger's gone green

This is because your jewellery has a copper base that's reacted to acidity in your skin. You mainly see it where you get a little sweaty (inside rings, under a watch). It's not dangerous, but to stop it, paint a very thin layer of clear nail varnish on the part that touches your skin.

#### Why is my jewellery looking so dull?

The problem Most costume jewellery is brass or copper (with a thin silver or gold plate on top). This tarnishes over time as air oxidises it. Even 'real' jewellery can tarnish; pure silver and gold are very soft, so they're mixed with small amounts of those metals, too. The fix Some people recommend storing items in individual Ziploc bags we know, a mission - but for a precious piece, it might be worth it. If something has lost its shine, you can clean it.

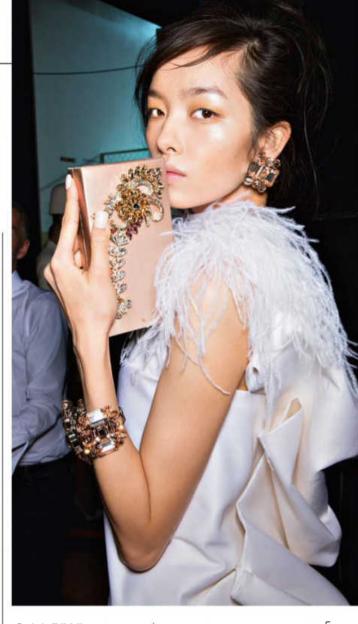
For gold or gold-plated jewellery - or anything with stones - use lukewarm water and dishwashing liquid.

#### TIP!

The chemicals in perfumes can react with the plating on jewellery, making it tarnish. Always spritz first, let it dry, then put on your jewellery.

If the piece is really dirty or tarnished, use a jewellery polishing cloth to buff it (you can get them at any good grocery store).

Silver jewellery that has no stones can go in a silver dip, like Goddard's Silver Dip wantitall.co.za R1 872. Just drop it in! If that doesn't work, specialist companies can replate a ring for a minimal fee.



#### **Quick DIY fixes**

Loose gem We mean glass or plastic, not diamonds - they need specialist care. Never use superglue as it dries with a frosty, white finish. Instead, use a twopart epoxy - special glue that you mix together (from craft and hardware stores) - and dab on a tiny amount to the gem with a matchstick or toothpick. Stick and hold. Tricky breakage The cost of a repair by a jeweller may be more than the item's value, so always take the piece in and get a quote first.

Broken clasp If a levered hook fastener has lost its tension, buy cheap replacements in craft stores. Find the loop that the broken clasp attaches to and use tweezers, pliers or blunt scissors to open the two ends. Then slip on the new clasp and close it back up.

#### TIP!

Untangling a mess of necklaces? Using two pairs of tweezers instead of your fingers makes it much easier. lext: Hanna Woodside; Photography: Davide Gallizio/IMAXtree.com



5 Now ways to dress for a party

**BY GABI ROSENWERTH** 

Rosenwerth is one of SA's most revered and loved fashion houses, with fans around the world, so who better than the brilliant Gabi Rosenwerth to talk festive-season fashion and accessories?

#### Be different

There are so many alternatives to traditional long dresses out there. How about a flared or pleated high-waisted skirt, or a straight calflength skirt combined with a soft romantic blouse in a feminine fabric like chiffon? Choose something with a high neck and pretty details, like cute buttons, an off-theshoulder cut or a longer back.

If you prefer trousers, you could also wear your statement blouse with a flared, high-waisted calf-length pair. Simply add ankle-strap sandals or platforms and you're set!

Adore dresses? The big trends are trapeze cuts, fitted sheaths and loose fits with big sleeves in floral, abstract or graphic prints.

Your favourite jeans can easily go out on the town! Wear them with ankle-strap heels and a white T-shirt and fringed jacket, a tasselled

shows off your shoulders. And don't think that blue is the only way to go. Black,

white, beige or pastel jeans

are also great for evenings.

top or a beautiful blouse that

Dress up your denims

Add a bold touch Accessories are such a good way to incorporate the season's colours and patterns into your look. Swap your regular clutch for an envelope style, ideally in a bold colour, like yellow.

Long, dangly earrings and necklaces with lots of beads and tassels are fun for night, but if you're going to a formal event, wear gold or silver.



#### Know these three key trends Invest in a shift dress

heels and cool accessories.

Go for a version in a neutral colour or with a bright print.

Think new shoes!

Sandals with a block heel work with pretty much any outfit, so they'll carry you through the party season. Plus, they're comfortable! Join the fringe

Whether it's on a handbag, top, wrap blouse or skirt, fringing is right on trend.



For more information, call 021 674 4619 or visit rosenwerth.co.za.













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bunny at Kin (R685). Visit kinshop.co.za.



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### Hassle-free travels, guaranteed

From bagging the best deals on currency to packing like a pro, save time and money at home – meaning more 'browsing' in duty-free!

#### Money-savvy solutions Choose local currency

If you have a choice, always select to pay in the local currency rather than paying in Rand, or you'll get stung with a fee of about 4% of the total value of your shopping.

Use your bank card at the airport

It's so frustrating when your card's blocked during your travels. Paying for something on plastic at the airport can help the fraud team see that

vou're on holiday. Make sure vou have your bank's overseas number stored on your phone, just in case.

#### Smartphone saviours Create a digital itinerary

Download TripIt (free on iOS and Android), forward your confirmation emails for flights, hotel, car rental and transfers to the app, and it will make an itinerary (accessible offline) with the references and info you need.

#### Visit Google Maps offline

Type 'OK Maps' in the Google Maps search bar (make sure that you're logged in) and save the section of the map that's on screen to access offline. Better than a screenshot, zoom in on your saved map, and your GPS will still work offline, so you can see and track where you are with the blue dot. Point, click and translate

Use your camera with the Google Translate app (free on iOS and Android) - just hit the camera icon, point your phone at the words you want to read. and voilà, real-time translation and a welcome end to menu roulette. The app currently works from English to (and from) French, German, Portuguese, Italian, Russian and Spanish.

#### Beach cheats

#### Make a DIY beach cover for gadgets

A resealable sandwich bag stops splashes and sand from wreaking havoc with your smartphone/Kindle/ tablet. And the touchscreen still works through the plastic - phew! Talcum powder cleans sandy feet Seriously, it works! The dry powder will absorb any remaining moisture, and the sticky sand will fall away. Remember the golf ball rule

Most of us apply 25%-50% of the recommended amount of sunscreen, but you need 30ml to protect your whole body. That's enough to fill a shot glass to the brim, or the size of a golf ball. Also, apply insect repellent under the sunscreen, or it will wipe it all off.

#### Pack like a pro

#### Keep a necklace from getting tangled

Get a drinking straw, undo the clasp on your necklace, then thread one end of the chain through the straw until it comes out the other end. Now do up the clasp. No more knots!

#### Leak-proof your toiletries

Avoid the shampoo explosion in your suitcase by unscrewing the lid and placing a square of plastic wrap over the neck of the bottle, then screw it back on. Stop powder makeup from cracking

A few layers of cotton wool under the lid of your makeup case will give it extra cushioning from bumps and bashes.





#### MONEY

## How to get through the holidays for 50% less

No one wants to look cheap, and you won't, with these tricks. Only GLAMOUR will know you saved money!

t's the easiest time of year to trash your budget - researchers have found that up to 36% of shoppers will overspend this month. But to avoid a January financial freak-out, you have to be organised. Here are some secrets from pro savers.

#### HOW TO SAVE ON **Entertaining**

Alcohol is easily your biggest expense, says David Kaplan, co-owner of Death & Co bar.

Here's a frugal save: serve a signature cocktail. "Gin gets expensive, so buy one of the cheaper varieties and make a Tom Collins: mix gin, lemon juice, syrup and soda water. Pour into a carafe and no one's the wiser. You'll spend less per cocktail instead of a drink with pricey gin," David says.

"Instead of buying new decorations, pull out the ones from the year before," suggests Lauren Marshall, co-owner of Rhubarb Room, a lifestyle store. "Reuse and recreate them to suit this year's table decor. It's also great to use what you already have growing in your garden for table greenery; often this turns out to be more beautiful than elaborate (and pricey) floral arrangements.

"Make your own Christmas crackers with linen napkins. ribbon, cardboard tubes and then chocolates for the little gifts inside," suggests Lauren. "Two years ago, I made my own crackers with the pages of old books and decorated them with simple silver stars."

Hannerie Visser, the owner of Studio H culinary studio, applies a 'waste not, want not' approach when she's cooking for her family and friends.

"You save money by not wasting anything. Buy lesserknown cuts of meat instead of traditional, more expensive ones. And don't be scared to try offal, like heart, kidney and liver," Hannerie says.

As for fruit and veggies, "don't throw away the offcuts," says Hannerie. "Soft fruit can be used in smoothies or stews, and both fruit and veggies can be turned into delicious juice or pickled and turned into preserves."



You don't need a new dress, assures Hollywood stylist Julie Matos, whose clients include Kristen Wiig and Chelsea Handler, Swap special-occasion outfits with a friend and, if you must buy something, shop the sales.

#### HOW TO SAVE ON **Gifts**

It's tempting to splurge on major gifts, but small, thoughtful presents are wonderful because they're personal. Visit markets and local stores and find a few token gifts like wine, cordials or a selection of cheeses to nestle into a wicker basket.

Etiquette expert Lizzie Post suggests gifts you can buy or make in bulk. For example, Poetry and MRP Home have great frames for about R150 each, and a framed photo of you and your BFFs together will delight everyone.

Or get cooking. "Fill bottles with olive oil seasoned with peppers and decorate them with ribbons," suggests Lizzie.

#### HOW TO SAVE ON **Travel**

Cheapflights' Emily Fisher recommends flying on the holiday itself: "It's the best time to get a deal - you can save up to 50%," she says. What's more, "they're usually fun and festive flights!"





## PERFECT GIFT



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Great advice, plus insider tips from James Fisher, the founder of Roadtrippers, a website

ere's the difference between travelling by car and taking a road trip; on a road trip, no matter where you end up, the journey is the point. Planning pit stop ahead!

and app for travellers.

#### Take your time

Make your trip a pleasure rather than treating it like a race. Try three to four hours of driving a day, with four or five stops, and do the bulk of the driving late, since the restaurants and quirky little museums you may want to visit along the way may open and close early.

#### Don't rely on couch surfing

Travelstart.co.za and hotels.com have good listings for last-minute hotel bookings. Thompsons.co.za and shotleft.co.za are best for family destinations like the coast or game reserves. You can also find inspiration for new places to discover around SA.

#### Eat well

It's easy - but awful - to have fast food for every meal when you're on the road. Instead, try the Along the Way app (R39.99 on iOS, free on Android). You type in your route and it shows you every restaurant within easy reach of the freeway. Gogobot (free on iOS and Android) breaks down restaurants into categories and includes reviews.

#### Find your soundtrack

Take the time to prepare the soundtrack for your experience. Good music makes things memorable. You may want to add a special twist by including music from the area you're driving through.

#### **Pack smart**

Apps like PackPoint and Travel Butler (both free on iOS and Android) will ensure that you don't forget essentials like your toothbrush or medication.

#### Travel safe

A standard auto-safety kit is important, and so is a membership with AA or an insurer with a roadside-assistance plan.

#### LIFE

#### Our coach is right here!

Life coach Kirsten Long advises on love, work and more.

"My boyfriend and I have been dating for a while and I'd Jike to meet his family this holiday. How do I broach the subject?"

Meeting the family is a big step in any relationship, so take care and think honestly about exactly why you want this introduction.

Then find out about his relationship with his folks. If it's a difficult one, he may be reluctant to introduce you. Understanding his background will give you insight into how to broach the subject or whether you should avoid it entirely.

If he seems receptive, be open with him and explain why you want to meet his parents. He will have a sense of the best way for you to meet, so if he's agreeable. let him decide where and when. He must feel in control.

If he resists the idea, don't respond with, "Why?" as this might make him defensive. Rather ask, "What makes you say that?" in order to encourage him to open up. Try to see the situation from his point of view.

Your boyfriend may be adamant that he doesn't want this, so don't pressurise him or you could chase him away. Every reaction you get is information - listen to what he says.

Have a question you'd like answered? Email glamcoach@condenast.co.za.

Kirsten Long is a life coach for Coach 4 Life. Follow our GLAM coach on Twitter - @Coach4LifeKL - and view her useful eBook, *Magic Motivation* (R100), at coach4life.co.za/magicmotivation.html.



# How to improve your Instagram account today

Exclusive tips from Instagrammer Liz Eswein, executive director of social media agency Laundry Service.

t its core, Instagram is a photography app, so work on your photography skills: take a class and go to exhibitions. Figuring out your aesthetic will make your feed look more powerful.

#### **PICK A THEME**

Style, travel, dogs - themes make an account more compelling. The most popular are lifestyle, fashion and beauty. Your handle should be fun and convey your focus. Use a filter according to the feeling you want to achieve. The key thing is to be cohesive.

#### HAVE HUMOUR

Some Instagram accounts never show a chink in the

armour - they're always on. You have to make fun of yourself once in a while so you won't seem arrogant.

#### DON'T GO CRAZY WITH HASHTAGS

They're useful for aggregating, but adding a bunch will just muddle up your account. There are millions of photos tagged #southafrica or #blessed, so using that isn't going to lead a lot of people to your post.

Hashtags are excellent for specific events though, like a music festival or even a wedding - think #jenandmatt - where you want to keep track of what's happening and to be a part of that aggregated content.



The great accounts aren't the most prolific - this isn't Twitter. The best Instagrammers take hundreds and hundreds of pictures at a time, but post only one or maybe two pictures from the event.

In general, it's good to post at least once a day to maintain some consistency. (Otherwise, try to post at least three times a week.) And never throw up anything that's blurry, generic or uninteresting. Evening and mornings are the key times to post - you tend to get the most engagement.

#### **BE SOCIAL**

Follow other accounts that inspire you, go to events and make connections. Also, asking questions in your captions and engaging with your audience is key. It entices your followers to interact with you.



Danielle and Laura Kosann, founders of online culinary magazine The New Potato, dish.

Here's how to get a truly special meal every time.

ENTERTAINMENT

Always read ahead

Research a restaurant's best dishes before you go.

Order something you'd never cook at home

Chicken and grilled salmon can be lovely, but they usually don't show the chef's

creativity or true talent. Pick a dish you don't eat all the time or one that's a chore to make or has mysterious flavours. It doesn't need to be obscure; ordering fresh pasta in good Italian restaurants is worthwhile because you can't make that nearly as well at home.

#### **Embrace weirdness**

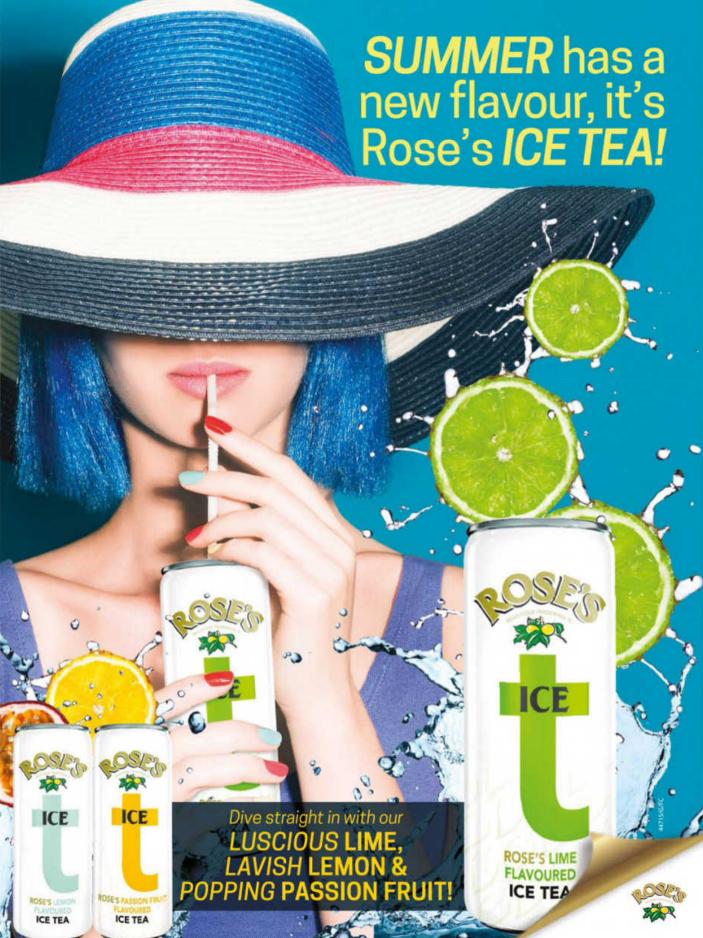
How to pick the best thing on the menu

Some of our favourite meals sound strange, but taste amazing. le, sardine, pine nut and raisin pasta - delicious! Compliment the kitchen

If the restaurant has a well-

known chef, put yourself in his hands. Instead of asking the waitress what she likes

best, ask her what the chef is known for or what he's been experimenting with lately. If you're vegetarian visiting a good restaurant with limited options, ask the kitchen to create something off-menu. We know someone who does and savs she's eaten her favourite meals this way.



## WIN! One of 15 hampers from Beaucience worth R4 000 each!\*

o you care about your skin and want to do so in an eco-conscious way? If the answer is yes, you're going to love this amazing prize! We're giving away Beaucience hampers worth R4 000 each to 15 of our skin-conscious, earth-loving readers.

The Proudly South African brand Beaucience is dedicated to eco-friendly skincare. Artificial colourants and preservatives? Forget about them.

Animal testing? No way! Beaucience products include beautifying, organic essential oils – visit beaucience.co.za or facebook.com/beaucience for more information.

So, what's in store for the winners? Beaucience Hydrating Cleansing Milk, Gentle Toning Lotion, Moisturising Day Cream, Eye Lifting Gel, Enzymatic Exfoliator, Skin Renew Serum, Superior Flash Lift Cream, plus a white overnight bag. Enter now to win!

Sexy action-movie babe. Clean-living guru. Whichever rings a bell, get ready!

he name Jessica Alba means different things to different people. To action fans, it conjures up sexy superheroes. To eco-conscious women, it means safety and reliability - hallmarks of her brand, The Honest Company.

No other actress can claim to make blockbuster movies and organic nipple balm, but Jessica, 34, never liked being pigeonholed. "I've always been on my own path," says the star, who recently made the Forbes' list of America's richest self-made women.

#### The Honest life

Since its 2012 launch, Honest has broken the R13 billion mark, and sitting in her cosy office, Jessica drops MBA terms into casual conversation like other actresses drop designer names.

Some may find it hard to believe that this is the woman who rocked a leather bikini and lasso as a stripper in Sin City, but Honest is her calling. Does she still feel strongly about acting? "I did," she says, notably using the past tense.

"What Jessica stands for in her personal life is very different from the actress. That's a job. This is more of a passion," says Honest's CEO Brian Lee, one of the company's co-founders. "Jessica lives an honest life, and it exudes in everything that she does. In her home, everything is reclaimed and recycled," Brian explains.

She's reclaimed and repurposed herself, too - as the head of an empire. She may not be the first actress to pursue job security outside Hollywood with a lifestyle brand - and more than

a few have inspired criticism. But she's careful not to come off as too perfect. "I try to do the best I can," she says.

She's also aware of comparisons to Gwyneth Paltrow - and she's tired of them. "It's unfair to lump actresses together," she says. "People don't lump Justin Timberlake and Ashton Kutcher together. They do other businesses. It's expected that when you succeed in one area, you're supposed to evolve and try something else - especially in business, and especially if you're a man."

And when prodded, she'll let you know just how she differs from other actresses turned entrepreneurs - without naming names. "I'm building and eat everything plant-based. No. Everybody should have access to safe, healthy [products], and the information should just be easier to understand."

If Jessica believes in transparency when it comes to her products, her private life is a different story. But she softens when asked about her husband, producer Cash Warren, the father of their two daughters Honor, 7, and Haven, 4.

"It wouldn't be possible without him," she says. "He helped me put together my initial business plan. He was my biggest cheerleader, but he never gave me unrealistic expectations or criticised me where

"I never wanted to play into the stereotype where it's like, 'Oh, you're just the girl who gets saved by the guy." Women are freaking resilient.

a business around health and wellness, and it's a social-injustice and humanhealth issue," she says. "I'm coming from a different place to other people."

#### Family values

It's a blurry line between crusader and capitalist, and Jessica treads carefully. Her fans certainly see her as an informed and sincere guide to living clean and green without going to extremes - or fear mongering.

"If you put so much information in front of people, they'll feel paralysed," she says. "Enough pointing fingers, and saying you must live off the grid

I felt defeated. Having someone who genuinely has your back, no matter what - there's nothing like that. It's a real unconditional love... the partner you choose to go through life with you, that's your chosen family."

Her blood family also shaped her ambitions. The daughter of a French-Canadian mother and Mexican-American father who was in the air force, she spent a lot of her childhood on military bases.

She also spent a lot of time in hospital, suffering from allergies, severe asthma, pneumonia and a collapsed lung. "It was traumatising," Jessica says.



Text: Brooke Hauser; Photography: Carter Smith, Gallo Images/Getty Images; Fashion editor. Paul Cavaco; Hair: Orlando Pita of Orlo Salon; Makeup: Jeanine Lobell; Manicure: Sheril Bailey; Prop stylist: Juliet Jemigan. Jessica wears: polyester blouse Calvin Klein; wool skirt Akris; ring Jessica's own; makeup colours Couture Variation 10-Colour Eye Palette in 1 and Rouge Pur Couture The Mats Lipstick in 2013 by Yves Saint Laurent



Crepe de chine blouse and triacetate skirt both Altuzarra; ring Jessica's own; makeup colours Colorful 5 Eyeshadow Palette in Nude to Neutral and Rouge Cream Lipstick in Super Hot by Sephora Collection

Her mother also battled cervical cancer at 22, when Jessica was just three years old, "When I became a mother, I was like, whoa. How do I make sure that my child is safe, that I'm safe? I want to be around and healthy," she says.

She was pregnant with Honor when she first learnt that some cosmetics companies were producing lipsticks containing lead. "My big aha moment," she says. (Studies have found that many lipsticks contain trace amounts of lead, and while a 2012 FDA report states that tiny amounts pose no danger, advocacy groups say any amount is too much, especially for pregnant women.)

Jessica errs on the side of caution. "I don't want to put myself out there," she says. "What's the point of gambling?"

### Her time growing up in Tinsel Town

Wearing a long, flowy skirt, crop top and black Jimmy Choos, Jessica exudes feminine power, but as a child, "I was sort of disenfranchised," she reveals.

It was only when she started taking acting lessons at 11 that she found her niche. She landed a part on the TV show Flipper and later, a guest spot on Beverly Hills, 90210. "Being on

a set was the first time I really felt I belonged somewhere," she says, "I've only gone to high school in movies or TV shows." (She was tutored on sets.)

Jessica was 17 when director James Cameron cast her as the genetically enhanced supergirl in his Dark Angel series. Then came Fantastic Four and movies she doesn't care to mention. "I mean, there are so many bad ones," she smiles. "But they're fun. You learn from every experience, right? I just wish I'd found my voice earlier though, because I felt like I had to shut up and do what they wanted me to do, even though it went against how I really felt."

### Pushing back, moving on

In 2003, Jessica starred in Honey, "a fun dance movie that would inspire young girls - which was the opposite of where I was being pushed as an action, sex-symbol, fanboy girl," she says.

Since then, she's pushed back even further, refusing roles that degrade women. "I never wanted to play into the stereotype where it's like, 'Oh, you're just the girl who gets saved by the guy', and she doesn't know how to make decisions and she gets overwhelmed by everything," Jessica explains.

"Women are freaking resilient."

She also avoided what is almost a job requirement for actresses: on-screen nudity. "If there's a role where I feel comfortable doing that, sure. I never felt like being naked would make the movie any better. If anything, it was just going to exploit me for no reason."

She struck one compromise in 2010's Machete, where her underwear was digitally removed for a shower scene.

It's also a natural progression to spend more time behind the camera. Jessica oversaw a new Honest advert. and she likes the idea of producing films. "If I can be in the driver's seat, that would be more appealing than just being an actress," she explains.

If anyone can make "clean" cosmetics look good, it's Jessica, whose skin is so flawless she looks airbrushed. As the company's chief creative officer, she wants to change the "tree-hugger. granola" image of non-toxic products and to elevate Honest skincare and makeup to A-list status. And it's hard to resist her vision for a healthier, more environmentally conscious world.

"When the going gets tough, women pull through," Jessica says, with the authority of someone who knows. (6)

### Jessica's red-carpet evolution Naturally dramatic choices.



2011 In Atelier Versace at the Orange British Academy Film Awards.



2012 In Valentino at the Self Women Doing Good Awards.



2013 In Zuhair Murad at the Social Star Awards.



2014 In Elie Saab at the ESPY Awards.



2015 In Kenzo at the China-themed Met Ball.

When kinky sex doesn't go to plan

Fact: when Fifty Shades of Grey was first published, fire brigades saw a spike in call-outs to people trapped in handcuffs. And while the Fifty Shades phenomenon might have inspired us to expect more than 'vanilla' sex, turning up the kink factor sometimes backfires. Big time. We salute your failed (and seriously funny) attempts at some Christian Grev-style naughtiness. EL James has a lot to answer for.



## "Thwack, thwack, thwack, thwack, thwack..."

It takes me a moment to realise what it is. but yep, that's the sound of my three- and five-year-old nephews - who I'm meant to be babysitting - delightedly chasing each other round the house with my spanking paddle. The bottom of my wardrobe was not a good enough hiding place," - Rachel, 31

"Picture the scene: my girlfriend is bent over my knee with her bare bottom in the air, my hand mid-air, ready to spank her. In walks her dad who's come to fix the heaters in our flat. I had no idea she'd given him a key. He backs out, silent. Then knocks on the door five minutes later as if nothing had happened. We've all silently agreed to erase it from our memories." - Richard, 32

"I ordered some bondage gear online and got a delivery note saying it had been left with my 51-yearold neighbour Mary. As she handed it over. I wasn't worried - there's nothing on the box to give away what it is, just a tiny label with the company's innocuous name and a return address. 'They do some great stuff, don't they?' said Mary, with a wink. Oh. Wow." - Faye, 28

"My neighbour once asked if I could stop my dog yelping at night, but I don't have a dog. Then it dawned on me - the riding crop my boyfriend got me as a 'naughty' birthday gift. It was the sound of me yelping. I told my neighbour I'd ensure the dog was quiet from then on." - Camille, 28

"I was having sex with my new girlfriend and she was pretty wild. She liked pulling my hair, so I thought I'd better reciprocate. I gave her long hair a tug and nearly screamed: a huge chunk of her hair was in my hand! She burst out laughing - it was her weave. I nearly had a heart attack."

- George, 28

"We were in bed, discussing safe words - a code word that means 'seriously, stop' when you've reached your limit during sex. I was throwing out random words - lollipop, traffic cone, cucumber. 'No, we need something that will stop us dead in our tracks, something you can't ignore. How about... Jane?' he says. 'What, as in Jane, my sister?' 'Yes, yes - that'll work.' I explained that I couldn't explore the world of S&M with someone who genuinely thought that that was a good idea." - Isla, 27

"Him: 'You know what we should do? Drip hot candle wax over each other. That's reeeeally sexy.' Me: 'Right. But we don't have a candle.' Him: 'What do we have?' Me: 'Um, I've got a glass of water.' Him: 'Yes! That'll work! Pour it all over me!' So I pour water on his chest and obviously it's the least sexy thing ever. It looks like we've wet the bed. And then we have to spend the night lying on a cold, damp patch. Him: 'Nope, that wasn't sexy. We shouldn't ever do hot wax." - Ellen, 29

"My ex and I decided to take things up a notch and got rougher in bed. It was hot, almost animalistic. Suddenly there was blood everywhere. My foreskin had ripped - badly. I couldn't have sex for six weeks while it repaired. I still wince at the thought." - Charlie, 30

"I once got a Whispers chocolate ball stuck up you know where after some kinky kitchen sex. I had to use a teaspoon to retrieve it." -Jenn. 31

"There's a scene in Fifty Shades where Christian massages Ana's butt with baby oil. I can confirm that in real life. it's not sexy, not at all, especially when your boyfriend goes, 'Oooh, you've got a spot on your bum!"" - Lucy, 27

"I let a woman tie me up and she used her stockings to tie my wrists to the bed headboard. I learnt that this is a big no-no, as the knots in stockings get ridiculously tight if you pull at them. She left me with deep purple marks on my wrists: I had a job interview the next day and spent the whole time nervously pulling down my cuffs. I swear the HR manager clocked the marks." - James, 33

"We'd booked into a hotel for our anniversary. In my wheelie suitcase I had all sorts: blindfolds, handcuffs, flavoured lube. The first thing my husband does is pick me up and throw me on the bed. It was a lot springier than we realised, and I bounced off and smacked my head on the bedside table. Total mood killer." - Tania, 30

"I was talking dirty to my girlfriend over the phone while she was away on a work trip. We were swapping sexual fantasies and I started describing mine. I got quite into it and was giving it lots of detail. She was quiet, but I just assumed that she was enjoying it. Nope, turns out the call had already dropped, five minutes ago. And I was talking to myself." - Mark, 28

### glamour sex

"We had sex on my husband's desk in his private office, like Ana and Christian do in Fifty Shades. He even blindfolded me with his tie à la Mr Grey, before he lifted me onto his desktop. But then he starts moaning like I've never heard him moan before. Wow, this is hot. Except he's moaning in pain because he's completely buggered his back. Three hours waiting in hospital is the least sexy thing I can think of." - Steph, 28

"My partner bought me some silver jingle balls - I'd been fascinated by them since I read Fifty Shades; you put them inside you and wear them around and about. No one knows they're there, but they give you a subtle, pleasurable sensation. I wore them out to dinner on date night. What the book doesn't mention is how easily they pop out when you cross your legs; as soon as I sat down and opened my menu. I felt them, er, escape. I had to waddle across the restaurant hoping they didn't fall out of my knickers and roll across the floor." - Olivia, 33

"I bought my boyfriend a 'double helix' cock ring - it has an extra hoop that goes round the base of the testicles. The sex was great - but removing our new toy was another matter; the ring around his balls seemed to have tightened and neither of us could get enough of a grip to stretch it off. He saw the funny side of it at first. But 20 minutes later when he's on all fours as I finally manage to snip it off with a pair of nail scissors? Not SO Much." - Helena, 27

"A 'rough play' experiment with my boyfriend went a little wrong when he asked me to slap him. I caught him too near his ear. The result? A burst eardrum and a very awkward conversation with a nurse." - Kate, 25

"My friend-with-benefits once asked me to whip him with his belt. Instead of lightly tapping him which I think is what he was after, I really went for it. Which would have been painful enough, but I accidentally used the metal buckle end. Poor guy - I remember him letting out a tortured scream and then seeing a huge, bloody cut all down his back. But you know, he did ask." - Julia, 30

"So, I go to unlock the handcuff chaining my boyfriend to the bedpost, and the key snaps off in the lock. Oops. I probably should have forked out more than R100 for them. The bigger problem? We're in a hotel. A really fancy hotel. I have to call down to reception – at 11pm – and ask if they have a handsaw as my partner's 'got trapped to something'. The receptionist says she'll have to send someone. Mike from facilities does a great job keeping a straight face as he frees my boyfriend - I've managed to put some trousers on him, but his dignity is in tatters. I did get a refund for the handcuffs, though." - Felicity, 31 @



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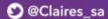


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e would all rather escape work in time to actually enjoy summer - complete with warm breezes and free-flowing rosé – and we've got the plan to help you power through your day and bust out of that door in record time.

### 1 GET AM QUALITY TIME

Kick-start your morning with an early run or stop at the shop to pick up fresh produce for a healthy lunch. You'll begin the day in a can-do mood (surveys show that regularly spending just half an hour outdoors can help boost happiness) and you'll feel better when you sit down at your computer.

Make a progress map Fill a monthly calendar with your biggest projects and write key actions to help you tackle those tasks on the same calendar in different colours. Hang it up near your computer screen so that nothing sneaks up on you, suggests Julie Morgenstern. a time management expert and author of Organizing From the Inside Out (Owl Books, R241).

And no, your Google Calendar isn't the same. "Your computer is filled with potential distraction minefields, while a paper calendar keeps your deadlines in view at all times," Julie explains.

### GO BIG SO THAT YOU CAN GO HOME EARLIER

Before you even login to that delightful and probably already overflowing inbox of yours, always start your workday with the most important priority on your to-do list. recommends Stever Robbins, career coach and host of the podcast Get-It-Done Guy's Quick and Dirty Tips to Work Less and Do More.

It may seem daunting, but instead of powering through the easy things, focus on the difficult: then you won't fall behind or hold things up when a curveball gets lobbed at you later.

### Adopt the two-minute rule

glamour work

Now, back to your inbox. If vou can address an email in two minutes or less, do it right away, advises Cathy Sexton, owner of The Productivity Experts company, which offers productivity training.

It's about looking at an email once and addressing it promptly, rather than wasting time circling back to it later. "If you put them off, it takes longer to do them in the long run. And the more items that end up on your to-do list, the more overwhelming everything becomes," warns Cathy.

### KNOW WHEN TO GIVE YOURSELF A BREATHER

Yes, it's counter-intuitive, but a quick break is necessary for you to continue working strong. "Your mental concentration is like a muscle - you have to let it rest when it gets overloaded," says Natalie M Houston, a personal productivity coach.

That's not to say you should scroll through Facebook for an hour. A stroll through the park can calm your brain. new research shows, so take a sevenminute lap outside to refresh the mind.

**Build a rhythm** 

When the afternoon arrives and you hit the time when you tend to procrastinate, close all unnecessary web pages, set a timer for 20 minutes and work on the project at hand until the time's up, says Dan Schawbel, a career expert and author of Promote Yourself (Griffin Publishing, R287). The promise of a limit on the period of struggle will make you more willing to push through it.

### LOVE ROUGH DRAFTS

Then there are the major projects where you know that your reputation is on the line. Tell yourself you're just going to do a preliminary draft, says Jan Bruce, CEO and co-founder of the digital stress-management system meQuilibrium (mequilibrium.com).

"Otherwise, the pressure of being perfect on your first try can make you delay work," she says. But with that expectation off your shoulders, it will be easier to get into the zone and reach the final polishing stage faster.

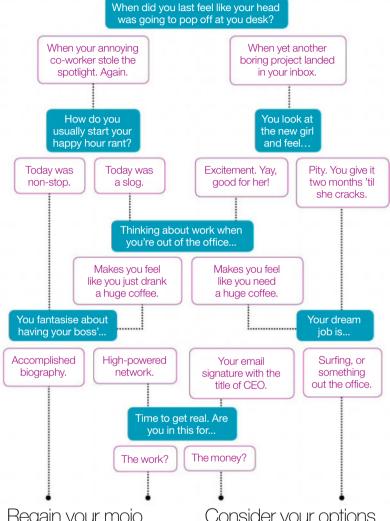
### Give vourself an out

Whether it's early drinks with friends, a dance class or a doctor's appointment, knowing you have to leave the office at a certain time is a helpful way to get yourself on task, according to Dr Tara Rodden Robinson, a productivity expert and certified professional coach.

See? Those post-work drinks could even help supercharge your overall job performance!

### Need a (permanent) holiday?

A laidback summer trip can lead to thoughts of ditching your tough work days for something better. But should you?



### Regain your mojo

You probably don't need a new gig - vou might just be feeling the backto-work blues. Dig in to how you felt on holiday. "Use the energy you had as motivation for change," says Valorie Burton, author of Happy Women Live Better (Harvest House Publishers, R203).

Make a list of what you like least about your position, then reframe each item as an opportunity. If you're not feeling challenged by your job, outline your accomplishments to your boss and ask her to put you on higher-level projects.

### Consider your options

You're going through the motions for a pay cheque, which means vou're probably in the wrong job. Odds are, vou've already thought about guitting - it's what to do next that's scary.

Start small, says Alexandra Levit, a career expert and author of New Job, New You (Random House Publishing Group, R211). "Think of people whose career you'd love to emulate," she says. Research their background, then write notes explaining why you admire their work and meet up to discuss their job. 19 Fext: Zahra Bames; Photography: Miguel Reveriego; Styling: Beth Fenton, Hair: Ben Skervin for The Magnet Agency; Makeup: Hung Vanngo for The Wall Group; Manicure: Donna D for abtp.com; Model: Herieth Paul at Women Management; Production: GE Projects





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# Photography: Doug Inglish, Gallo Images/Getty Images; Styling: Jessica De Ruiter for The Wall Group; Grooming: Stephanie Fowler. Jimmy wears jacket, shirt and trousers all Gucci; bett Coach; brogues Tommy Hilfiger

# How to love (and live with) the 21st century man

Brought to you by Jimmy Kimmel, leader of the so-called "post-bro" world and a man who's just as likely to wear a baby carrier as to dive face first into an all-vou-can-eat buffet.

hen we first took notice of Jimmy Kimmel, 48, it was 1999 and he was co-hosting The Man Show, the late-night comedy spectacular featuring large-breasted women jumping on trampolines.

Fast forward to 2015 and that guy? He's nowhere to be found. Today, with 11 seasons of Jimmy Kimmel Live! under his belt. Jimmy clearly knows the recipe for a viral hit ("Celebrities Read Mean Tweets" was his genius idea), but he also honestly enjoys vacuuming and wears 17-month-old daughter Jane in a baby carrier with pride. (He's also dad to Katie, 24, and Kevin, 22, from his first marriage.)

Evolved? You could say that. But so are men everywhere these days, so GLAMOUR asked Jimmy for a guide to this new and presumably improved 21st century guy. ("I hope I'm not representing," he told us. You are, James, you are.) First of all, they cook - flip to the end for Jimmy's own personal dish of pride. Here are a few other things men these days do.

### They show up when vou need them

"Being a modern guy means that we do a bit of everything," says Jimmy, "More is required of men nowadays because we've cast old stereotypes aside.

"For instance, it's no longer OK to sit in the waiting room and smoke cigars while your wife is having a baby. When Jane was born, I was right there, being patronised by the doctor and nurses who pretended I wasn't being helpful as I held a leg and said encouraging things.

"My wife [Molly McNearney, co-head writer of Jimmy Kimmel Live! didn't necessarily want me in the delivery room: she was concerned that our relationship would never be the same if I saw a human being coming out of her. But it's a pretty great thing to watch. And weirdly, it's not that disgusting when it's your own kid."

### They won't give up their sport-watching habit

"I watch football on Sundays with a group of men, and we always bring our children with us. That way, the wives get the day all to themselves and the guys get to watch football. And everybody comes away happy."

### They cook and clean

"For me, it's not enough to cook up scrambled eggs on a Saturday morning any more. Guys have to cook some meals for the family. My wife and I each have our special areas in the kitchen; she usually makes salad and dessert, and I'll cook everything in the middle.

"I have a wood-fired pizza oven in my back garden, so sometimes I make pizzas. I make the dough and I often make the mozzarella out of curd. I'll make fresh pasta and roll it out and everything.

"But my real speciality is having nothing in the house and just scratching something together. That's the time when I really shine.

"Men seek approval from the head female in their house no matter who it is. And I think that sometimes we can transfer that to our wives."

### They like shoe shopping

"I've never been good at buving clothing for the women in my life, but somehow over the last few years. I've figured out shoes. And it delights me to no end when I find shoes that I think that my daughter and wife will like, and they actually do! I recently sent my wife an email with a link to a handbag to see if she thought it was cool. So these are the things that we discuss. To be honest, it drives her crazy, but I can't help myself."

"I also like doing laundry and vacuumina. I think it might be some kind of OCD thing or something - I like creating those nice patterns. But making my bed? That really doesn't appeal to me at all."

### The bathroom scale gets to them, too

"I'm that pathetic man – I didn't even notice that I got fat. I was always a very skinny kid; I don't know what happened. So about two and a half



### glamour man

years ago, I decided it was time to lose weight. Buying a bathroom scale was a big turning point for me, and now I weigh myself. I get depressed if it's over a certain number, and I'm pleased if it's under a certain number.

"My wife does this weird thing called exercising, which I want no part of. Honestly, even if I were unemployed, I would somehow find a way not to have time to go to the gym. Instead, I'm on the two-five diet. On Monday and Thursday I eat only 2510kJ or less, and am starving at my desk. But the rest of the week? I eat like I've been on an island and then got dropped off in front of an all-you-caneat buffet. I had this huge pile of beef vesterday, and it was so delicious that I announced to the guys, 'I'd rather have a heart attack than not eat this."

### They'll do anything for your approval... well, almost anything

"There is an inclination that guvs should be rewarded for doing something that's traditionally what people would call a woman's job. That's probably some result of our relationship with our mothers.

"I remember my mother could be very mad at me for whatever reason, but if I vacuumed the house? You've never seen anvone happier. Men seek approval from the head female in their house no matter who it is. And I think that sometimes we can transfer that to our wives.

"But the one thing I would rather not do - and I know that this sounds dumb - is buy feminine-hygiene products. My wife once asked me to pick them up for her, and I just said, 'Can't you do it?' I know that it's the mentality of a 13-year-old boy, but it's embarrassing."



"While I make breakfast for my wife pretty regularly and have never forgotten a birthday or anniversary, I'm not great at telling her that she looks beautiful. I'll usually just make a grunting sound."

### They're overprotective of their daughters

"The truth is, I just want somebody for my daughter who's nice to her, and seems smart and like he might have a job someday. Hygiene is very important to me, too, I don't want anyone who smells in my house.

"Oh, and a sense of humour is also very important. When it comes down to it, I really want my daughter to marry a guy who is as much like me as possible. Which I guess is my son, Kevin, but that's not going to work out for obvious reasons. So we have to look elsewhere."

### Women tell! What do

you love (and hate!) about 21st century men?

### Stuff I love

"We can talk about Lady Mary Crawley's love interests while eating chocolate in bed."

- Michelle, 25

### Stuff I hate

"They still don't call. This is the modern age, after all – it doesn't take much effort!"

- Katherine, 27

### Stuff I love

"That his mom worked, so he automatically respects and supports me and my career."

- Carla, 28

### Stuff I hate

"He has access to fantasy sports on his iPhone. so football season officially never ends."

- Tiffany, 29



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### They make real plans

"My life is very regimented with deadlines all day long. And having a baby at home is great, but it takes up every moment of your spare time. So I schedule almost everything.

"If somebody says to me, 'Hey, we should get together sometime.' I'll say, 'When do you want to do it?' and I'll give them some dates and times that work for me - otherwise it will never happen. But scheduled sex? We don't do that. I mean, I would kill myself if that happened. That does not get scheduled."

### They're still figuring it all out, too

"My parents have been married for 48 years, and I got divorced [in 2002 from university sweetheart and costume designer Gina Maddy]. Divorce is an unusual thing in my family, so it's associated with guilt.

"But I found that when I got divorced and had the kids to myself three days a week, the time that we spent together was of a higher quality and I was far more focused on them. [It wasn't just] watching The Simpsons and not really talking to one other."

### But even the most evolved men aren't that into expressing their emotions

"It's important for adults to tell each other what we want or need. For most guys, that boils right down to sex. For most women, it's about expressing emotions, which guys aren't good at. I could go 100 years without ever having a deep conversation about what's bothering me. Of course, that's not true for everyone, but you have to understand your spouse.

"So while I make breakfast for my wife pretty regularly and have never forgotten a birthday or anniversary, I'm not great at telling her that she looks beautiful. I'll usually just make a grunting sound and try to explain that's my way of expressing myself."

### Oh, and they're likely to have a signature dish and it's probably good

"My tomato sauce is what I cook most, and a lot of people have asked me for the recipe. It's very simple, but it's taken me years to refine, and I'm still refining to this day. Want in on the big secret? Here's what you do:

Heat a few tablespoons of goodquality extra-virgin olive oil in a large, non-stick frying pan.

Slice some fresh garlic into thin pieces, and fry it until it's golden but not brown. If the garlic turns brown, start over. Then remove the garlic from the olive oil.

Add a whole can of tomatoes to the olive oil, but remember: not all canned tomatoes are created equal. I like Bianco DiNapoli organic tomatoes the best. Add a little bit of sea salt and a few fresh basil leaves.

Bring that mixture to the boil for a minute, and then turn down the heat and let it simmer for at least 20 minutes. It can do this for quite a while - up to a few hours will get you an even deeper flavour.

Once you're satisfied with the taste, take a ladleful of pasta water and add it to the sauce.

"And that's it. It's a big favourite with everyone who eats at my house. I love it so much I could drink it. And I have." @

Follow@jimmykimmel on Twitter.

### Stuff I love

"They're into cooking, so there's hope that I'll eat more than ramen noodles."

- Emily, 30

### Stuff I hate

"When did dinner-andmovie dates fall off the radar? I'm hungry and I want popcorn."

- Sam, 27

Stuff I love

"Scruff, goatees and beards are totally in, and I really dia it. Hello, lumbersexuals!"

- Samantha, 27

### Stuff I hate

"He has better hair - and style - than I do. I'm not sure how I'm meant to feel about that."

- Danielle, 32

### The evolution of **Jimmy Kimmel**

From beer and boobs to masks and makeup, the guy has done a total 180.



FIRST, A BRASH BIKINI SESSION The Man Show. In all of its classy, wholesome glory.



NEXT. LESS-OFFENSIVE GUY TIME Jimmy Kimmel Live! debuts in 2003. and the host (here, with baseballer Éric Gagné) puts on a shirt and jacket.



THEN, ALL CLEANED UP Emceeing at the Emmys in 2012, Jimmy suits up real nice.



FINALLY, REVEALING THE MAN BEHIND THE MASK

"There are almost no masculine things I do at my house," says Jimmy.



Brow Essentials set includes a Bodyography Brow Trio and Brow Brush

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# How to grow your own brand

A TV and radio presenter and dedicated socialite. Jen Su is one busy woman. But in between it all, she found time to write From Z to A-Lister: How To Build Your Personal Brand (Tracev McDonald/Jonathan Ball. R150), and she's sharing her advice here.

bout eight years ago, I arrived in SA, not knowing a soul. My husband, Del, had been transferred and, along with our boys Sammy and Michael, we set off for Joburg - and I ended the TV and radio career that had taken years to build in Hong Kong.

In between the logistics of settling into a new home, I cried my eyes out. I was depressed about leaving everything I knew, and as if that wasn't bad enough, the immigration consultant told me that it would be impossible for a woman with a Chinese face and an American accent to find work in local broadcasting. In fact, he advised, I shouldn't even bother trying.

The next three months felt like an eternity of rejections. My emails to TV stations got no response. Nobody knew where to place me, and I plummeted from my old life as a news presenter to feeling humiliated and exhausted.

But I don't quit easily and I decided that I was simply not contacting the right

people. I began researching the top South African TV shows and making dozens of calls to find out who the executive producers were. I wrote daily checklists of people to approach, I visualised myself on the screen and I even watched the Soweto Gospel Choir and imagined myself singing with them!

A lot of googling, phoning, and follow-ups eventually led to the right person and an interview at Summit TV (now BusinessDay TV).

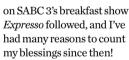
This time, luck was on my side: the station was starting a programme about Chinese business in Africa and they needed an experienced TV broadcaster with a background in finance who was fluent in Mandarin.

A few weeks after that, I got the details for radio DJ Gareth Cliff's manager Rina

Broomberg - I wanted to be on air. It took persistence to get an appointment, but I used the waiting time to listen to Gareth's show, study his audience and work on the angle of my proposal.

I'd been an entertainment correspondent in Hong Kong and Bangkok, so I suggested starting a segment called The Hollywood Report with Jen Su and made a demo. One week later, I was on air on Gareth Cliff Mornings. Work

"Old-school manners count! So RSVP fast, be on time and send a thank-you note after an event."



My entrée into the Joburg social scene came via the publicist Danielle Franco. The two of us met for lunch, hit it off immediately and instantly became friends. Danielle started taking me to events, and from there I leveraged the introductions I needed. This is how I did it.

### **NETWORK, NETWORK!**

I make it a goal to meet and exchange business cards and Twitter handles with at least two new people at any party. I also often take a photo of us together, edit it nicely and



then tag them on social media, or send it via WhatsApp. People love receiving vivid pictures and we can start a friendship from there.

I also get to know the event organiser, photographers, reporters, assistants, camera people, socialites – even the lighting technicians! I've seen assistants become producers, and lighting guys become presenters. Many people I befriended in those early days have risen up the ranks and now recommend me for gigs.

### **GET ON TO THE LIST**

You may land up at an event via a friend, as I did, or maybe you know the DJ or someone who's working at a party. The next step is to get on to the guest list in your own capacity. I'll get into detail later, but here are six important things to remember:

- **1** Dress well and make a statement with your style.
- 2 Meet the organiser and exchange contact details.
- 3 Be on time.
- **4** Use every opportunity to take photos and meet people.
- 5 Smile and be friendly.
- **6** Send a thank you to the organiser. And if you have a blog or social media account, attach a link or screengrab of the post.

### LOOK THE PART

Going to an event? Stack the cards to your advantage by looking the part. People will assume you're worth noticing if you dress well.

Even though I've been in my job for some time, I sometimes still need to remember this, too – like last year, when I attended the MTV Europe Music Awards in Scotland. Thinking I'd be one of a huge group of media representatives, I joined the rest, dressed in a plain,

quite casual black number. Then I bumped into SA's very own Bonang Matheba in a gorgeous designer gown. She was turning heads everywhere, and while we waited for the media shuttles to arrive for the event, she looked at me in amazement. "Are you wearing that to the red carpet?" she asked me.

I said I had brought a long dress, but I wasn't sure if I should put it on. Bonang didn't hesitate for a minute. "Go upstairs and change immediately," she instructed.

And she was totally right. When I returned, dressed in a fire-engine red gown with a plunging neckline and headpiece, I stood out. I was able to take photographs with Ed Sheeran, Ariana Grande complimented my look, Charli XCX posed for a selfie, and Ozzy and Sharon Osbourne commented on my hat. Thanks, Bonang!

### MIND YOUR MANNERS

Old-school values count! So RSVP fast, be on time and send a thank-you note after an event or to acknowledge something that was done for you. Courtesy is memorable.

### MIND YOUR PHONE!

Other people may be glued to their phones, but you shouldn't be. Give your full attention to the person you're talking to and don't SMS or go on social media mid-conversation. Don't have loud phone conversations in the middle of an event. And if you must answer a call, excuse yourself and go outside.

### **GIVE A GIFT**

I spent a lot of my growing-up years in Asia, where gifting is customary and spontaneous, and I really like this tradition. The gift doesn't have to be

### Snapshots from Jen's life

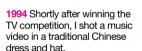


1986 Me as a little girl with my dad on the day we left the US for China. The time my family spent in China was life-changing.

1993 Singing on a national TV contest in Taiwan. Winning it landed me a major recording contract as a pop singer.



1994 My promotional photograph in a Perspex vest and velvet hat while on tour overseas with the Republic of China.





1997 At the Planet Hollywood Bangkok opening with model Cindy Crawford, actor Michael Wong and martial artist Jackie Chan.



2006 In Hong Kong as primetime anchor of Star News Asia, broadcast to 75 million viewers across the world.



'Comp closes 31 December 2015, SMSes cost R1.50 each. Errors will be billed. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. See 'The get it guide' page for terms and conditions.

fancy - it can be a photo, fun trinket or beautiful card with a sincere note. The main thing is that it's a gesture of friendship or appreciation.

### TREAT EVERY EVENT AS AN OPPORTUNITY

Any gathering, from a friend's braai to a work cocktail party, is a chance to network, so always have business cards on you and take photos with interesting people and tag them on social media. It's a great way to break the ice and to connect via Instagram or Twitter. Put effort into your pics with editing and filters.

"Hey, that's a gorgeous bag!" If they are stand-offish, no harm done. Just walk away.

Another of my tricks is to stand next to a person I want to meet, type on my phone and then, when the moment feels right, ask if they know the event hashtag or the WiFi password. From there, I keep the conversation going by being a good listener, smiling and keeping things light.

### MAKE YOUR OWN STYLE STATEMENT

You don't need to spend a fortune on designer clothes. A classic dress and good

### "Making derogatory comments can ruin your opportunities and damage vour image."

### TALK TO STRANGERS

The best way to initiate a conversation with a stranger is to walk casually towards them, smile and make eve contact. Even if you're shy, look for a way to begin chatting. At a cocktail party, I'll say something like, "May I put my drink here?" Or try a compliment, like,

shoes will do the trick. Then add an accessory that makes a personal style statement.

For example, I have more than 200 hats, ranging from Ascot to Zulu. You could try a bow tie, ear cuff or great neckpiece. Think of Pharrell Williams' hats, Jerri Mokgofe's bracelets and Iggy Azalea's slick ponytail, and you'll know what I mean.

### PICK YOUR PROFILE PIC

Your profile picture should be a good-quality reflection of who you are. Obviously, if you're in business, your pic won't involve a bikini!

### ENGAGE AND INTERACT

Don't just broadcast for yourself. See what your friends and followers are saying and join the conversation. Like their posts and they might reciprocate. Post questions that people can answer and discuss.

### **KEEP YOUR PUBLIC COMMENTS POSITIVE**

Think carefully before you lash out at people or establishments. Want to complain in public (because that's what social media is)? Take a deep breath and count to 20! If that doesn't work. write the comment down on a notepad and walk away from it for a good few hours.

By the time you've returned to what you've jotted down, you might see how silly it would have been to air your views. Still want to send your message after that? Well, that's your decision. Just know that making

derogatory comments can ruin your opportunities and damage your image. It might get you 10 minutes of fame, but are they really worth it?

### KNOW THAT TWEETS ARF BILL BOARDS

In the heat of the moment, it's easy to forget that everyone and their grandmother can see what you tweet and they can retweet it, too. I think about it like this: if you aren't ready to pull down your trousers for the world to see, then - plain and simple - don't pull down your trousers! @

Follow Jen on Instagram (@jensu1) and Twitter (@jennifer\_su) or visit jen-su.com.

copies of From Z to A-lister: How To Build Your Personal Brand (Tracev McDonald/ Ball. R150).



To enter, simply SMS 'JEN', your name, email and address to 32697\*. (SMS costs R1.50. Comp closes 31 December 2015.)

### Photos from Jen on the social scene



2008 With Gareth Cliff on his birthday. I'm so proud of all of his achievements.





2011 With Trevor Noah.

2012 Pearl Thusi has an excellent personal brand and is a super-caring mom.







116 Pages of style ideas and updates!



Cover photography: Enrique Vega; Additional cover photography: Eniko Szucs, Jeff Tse/folio-ID, Peopleimages.com





# How to have the perfect Insta-day

Be inspired by the perfection of other people's Insta-lives. Take tips from Instagram's most-followed to boost your life and feed, 24/7.



@humansofny



@headspace

Feel inspired from the minute you wake up Morning motivators to put you in a positive mood.

### Have a good start



Answer: Incomplete! Just shoot before you slurp. @coffeenclothes (right) @bluebottle @aguynamedpatrick





Time for a makeover?

Copy Lupita Nyong'o and make your nails pop. Hand clutch optional. @lupitanyongo (above)

"Be different. Then stay true to your unique voice." - GLAMOUR beauty director Michelle Brownlee Smith @michellebrownleesmith



Dungarees @pandorasykes



Distressed @tashsefton



Flares @camtyox

### Dress code: casual

4 Ways to do denim super stylishly.



### Anvone for a #shelfie?

Style up your storage space and show it off! @thecoveteur, @ispydiy, @decor8 and @myscandinavianhome (above)

### Off to work. Could your day look any better?

### Mid-afternoon slump?

Not with these insta-boosts. Embrace the parody.

Out of all of my body parts I feel like my eyes are in the best shape. I do at least a thousand eye rolls a day.









### **Desk looking cluttered?**

Take the lead from these sleekly styled workplaces. @theeverygirl\_ (below) and @pearlsandpastries



### Feeling peckish?

DO try this at home: stand on a chair to shoot your lunch. @jamieoliver, @ameliafreer and @gkstories (below)

### 8 Classic celebrity selfies



The pout @karliekloss



The tongue @mileycyrus



The goof @caradelevingne



The duck @kimkardashian



The smize @tyrabanks



The heart @mirandakerr



The peace out @alessandraambrosio



The stare @lenadunham



### Ways to take the perfect selfie

Tilt your phone at 45° and hold it just above your eye line to eliminate double chins and unflattering shadows.

Stand at a window or 4 head outside for the most flattering light.

Whether you want to be kooky, fierce, sexy or playful, create your signature pose.

We all have a best side. Try out a variety of expressions from all angles to find yours.

Practise makes perfect. "I just pose away and take about 300 photos until I get the perfect selfie," says Kim Kardashian.

Share your selfie and I up the number of likes. 48% Of selfies are shared via Facebook, 27% on WhatsApp and 9% on Twitter.

Choose your filter. Valencia, Mayfair and Walden are three of the most popular. Get a great editing app.



PFOPLE'S SHOES OF ITALY



### Hot date with your love?

It might not include a hot air balloon ride, but a kiss is always adorable feed fodder.

@jayalvarrez & @alexisren (below) and @muradosmann & @natalyosmann





Exercise can look desirable (a backdrop like this helps). @fitnessontoast (above) @thebodycoach and @Jenselter

# Have plans this evening? Well, now that you mention it...



### Spot the tourist

Picture exciting destinations. @amy stone (left) and @juliahengel (right)



### Looking fashionable

Agood Instagrammer never misses an opportunity for a style-selfie. (Note: take it before the cocktails kick in.) @manrepeller (left) @chiaraferragni @miraduma

...And so to bed 3 Ways to beautify your bedroom.







# How the

### Hashtags. Yay or nay?

They don't always work, but if you choose the right one. a hashtag could seriously up your following. "I've never really used hashtags except as a joke. [Building your following is to do with] consistent content and having a reason to post."

- Pandora Sykes, fashion features editor at The Sunday Times Style @pandorasvkes

"I don't believe in too much hashtagging. If it's genuinely good content, people will find you. Saying that, getting brands with big followings, like ASOS, to rearam vou (use #AsSeenOnMe) is never a bad idea. I once got 1 000 followers in a day after ASOS regrammed one of my images." - Alex Stedman, stylist and blogger @thefrugality

### Create a killer feed

"Stick to a uniform colour palette and aesthetic. Composition, clarity, expert editing, movement and a human element all contribute to a great photo. Lighting is also key." - Amy Stone, social creative manager @amy\_stone

"Socialise! It's called social media for a reason. So, respond to comments you receive on your page and leave comments on accounts you like." - Gina Beretta, online editor of GLAMOUR @glamour sa

"I post strong content. I favour humour and quirkiness; it's true to my real life. It's not overly curated and that's deliberate. I also place emphasis on captions." - Pandora @



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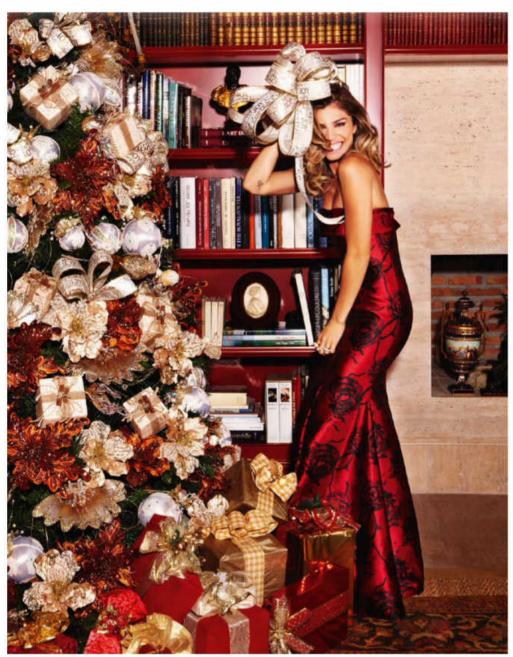
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Offer valid from 6 November - 24 December





Clicks



# Give glamorously

Since giving is better than receiving, we've got your gift guide for whoever you're spoiling this festive season. And that's a wrap!





The nature girl

Know a traveller? Give a gift with global appeal.

Fuiifilm Instax Mini 90 Camera R2 299





Sommelier set Yuppie Chef R399







Tea forte

iPad mini

cover Houdt R59

Sandals Salt Water R849











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# -ashion, eauty,

If ever there was a time to be your prettiest, sparkliest self, it's right now. So join us in this festive-season celebration of all things style, here!













Gold-brocade suit Gavin Rajah price on request; heels Zara R759





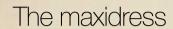




Polyester top R459 and skirt R559 both Zara; platforms Forever 21 R629







Dress Drotsky R1 650; earrings Colette by Colette Hayman R200; silver bangle Poetry R225 (worn throughout); gold bangles Accessorize R149 (worn throughout)

# PURE & SIMPLE

Hit refresh with key pieces in the breeziest hue of all.

Photography Glen Montgomery at Supernova Creative Management. Fashion assistant Mandy Nash











# Give your brows plenty of attention

Fill in any gaps and enhance the shape of your brows with an eyebrow pencil. Use short, sharp strokes for the best effect. Then use a brow gel to hold the hairs in place. Tinted gels also help give the impression of fullness.

# BRONZE

Hair and makeup pro Abraham Sprinkle used chocolate brown and shimmery caramel eyeshadow for this sultry look. "Apply a soft line of brown under the eye," he recommends. "Then apply the same brown to the crease of the eyelid, creating a 'V' shape at the corners. Dust the caramel hue under your eyebrows to highlight and blend," he adds. Finish with three coats of bold, black mascara.

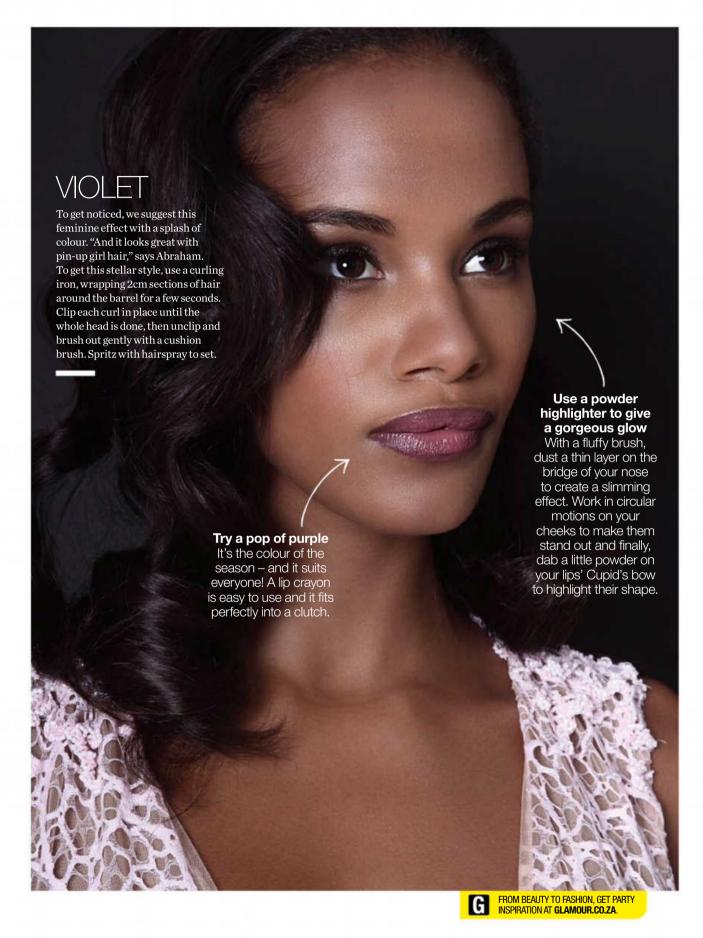
# Balance a strong eye with a neutral, shimmery gloss

A caramel shade adds a natural touch and shine gives the illusion of fuller lips.

# After dark

Easy-to-do-party looks that will have you shining at any soirée.







# beauty party looks

# The tools of the party trade Chosen the look you like best? Here's what you'll need.





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REVLON!

COLORBURST

LCN Cover Me

**Dust Highlight** 

Powder R525

In Diamond



Max Factor Colour Elixir

Colour Intensifying Balm

in Classy Cherry R109.95



Metallic

Matte Balm in Shameless R145

Revion ColorBurst

in #78 R449

# mix & match 3 2

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Photography: Alvaro Beamud Cortes

# Acne

Zap away pimples for a flawless and fresh complexion.

# Long term

Starting two months earlier, use a benzoyl peroxide cleanser to target bacteria, and a treatment with salicylic acid to exfoliate, says dermatologist Dr Amy Wechsler. TRY Neutrogena Visibly Clear Spot Clearing Facial Wash (R89.95).

# Quick fix

A cortisone shot will make a spot disappear in a day or two. Can't get to a dermo? Rub an ice cube over your spot to reduce the swelling, then dab on eye drops, like Eye Gene Eye Drops (R33.95), to erase redness. Then pat on your concealer.



# **Dryness**

Get glowing with moisturisers that are skin loving.

# Long term

Twice daily, use a moisturiser with hyaluronic acid, like L'Oréal Paris Revitalift Filler Renew (R279.95). Once a week, use a gentle scrub. We love Nuxe Gentle Exfoliating Gel (R235). "If your face is too clean after rinsing, you've removed the good oils and the bad," reveals Dr Wechsler.

# Quick fix

Peeling treatments leave your skin soft. A week before a big event, apply Gatineau Peeling Expert Microdermabrasion Exfoliating Cream (R395).



# Dark spots

Even-toned skin can be yours! Here's how.

# Long term

Three months before hitting the sun, start using a melanin inhibitor. Dr Wechsler likes Chanel Le **Blanc Brightening** Concentrate Double Action TXC (R2 250). You'll also need a daily broad spectrum sunscreen with SPF30 or higher; sun makes dark spots more prominent and can undo any progress you've achieved.

# **Quick fix**

Dark marks can take months to fade, but a vitamin C mask can brighten skin overall. We adore Ren Flash Rinse 1 Minute Facial (R510).



# Big pores

You can't change your pore size, but you can blur them.

# Long term

Pores can't be shrunk, but exfoliating weekly makes them look smaller, explains Dr Wechlser, TRY Almay **Problem Solution** 2-In-1 Exfoliator & Polisher (R175). Then start applying a product with retinol every night three months before you show off your skin. We like Dermalogica Overnight Retinol Repair (R1350).

#### **Quick fix**

LANCOM

ALMAY

Use a charcoal mask! It acts like a vacuum, scooping up dirt and oil from your pores. TRY Lancôme Pure Empreinte Masque (R500).

# Sensitivity Pamper your skin

Pamper your skin with super-easy, gentle solutions.

# Long term

Make sure all of your products are fragrance-free and hypoallergenic, like the gentle Clarins **Toning Lotion With** Camomile (R295). "External factors like sun, smoke and pollution can sensitise skin," Dr Wechsler says. Use an antioxidant serum, like SkinPhD PauseAge Vitatherapy Serum (R435), to protect against aggressors.

#### Quick fix

Calm your skin with a soothing face mask which contains aloe vera or chamomile. TRY Kiehl's Algae Masque (R475). 6







**Work it** A-list celebrity trainer Ramona Braganza shares shape-up strategies that are designed to fire up your core muscles and get you closer to those washboard abs.

# Abs 101

The rectus abdominis, the transversus abdominis, the obliques (internal and external) and lower back are the four muscles that make up our abs. Fat accumulates in the rectus abdominis, but training can shape it into a six-pack. Get there by reducing your body fat first, Ramona suggests. Then strengthen the rectus and other muscles with proper diet and exercise.

# Know the moves

"The Pilates 100 is a great exercise because it puts you under pressure to contract your abs for 100 counts, and the muscles have to work super hard to maintain the effort," Ramona says. "Don't give up – your muscle will only grow when you really fatigue it."

The Burpee is another exercise that uses every body part, while the Turkish Getup involves many muscle groups. To do it, lie on your back and hold a dumb-bell in the air. Stand up from that position, still holding the dumb-bell, then go back down. "This exercise has many levels of intensity and it really works your abs because the dumb-bell adds resistance to your sit-up and burns kilojoules," Ramona explains.

Holding planks for a minute at a time is an excellent way to sculpt the waist – and is more effective than crunches.

# All over

Think of the big picture instead of only targeting your abs. "The more muscles you use at one time, the more kilojoules you burn. So even if you want to reduce belly fat, your workout should include many muscle groups, especially big ones like your legs, because they need more energy to move," Ramona says.

Standing moves burn more kilojoules than sitting exercises, and sitting ones burn more than lying-down exercises. "High-intensity exercises where you stand and move around work the big muscles groups more and help to burn fat – even stubborn belly fat," she says.

# Mix it up

"Dance is one of the best ways to get great abs because changing moves and intensity levels challenges your core," says Ramona. Mixing dance and other cardio with moves from yoga, Pilates and kickboxing is ideal for your abs.

For instance, hold the plank position to work the transversus abdominis, then go into Downward Dog to strengthen your lower back. Or hold on to the wall, extend your leg and move it up and down. "You'll use your obliques to steady yourself and burn kilojoules at the same time," Ramona explains.

# Pick a magic number

Ramona's is 20. "I do 20 reps of an exercise, and by the last five I want to quit because it gets hard," she admits. Keeping a number in mind motivates you to keep going when you're doing tough moves, like gruelling side planks.

# Tools of the trade

Ramona loves the uses of the stability ball, which range from simple crunches to V-sits, and the domed BOSU ball, which can be used on both sides and works on key core stability moves.

Resistance bands are also great for fast isometric moves. "Tie one end of a band to a tree or a pillar and rotate away from it to work your obliques," she says.

# **Quick fixes**

Want to look your best for a big event? Replace starchy carbs with fibrous veggies a week before the big day.
Absolutely no alcohol, fizzy drinks and coffee, and drink lots of water.



**Eat it** The path to fab abs begins at your plate. From foods with toning and trimming powers to sneaky ingredients that add centimetres, food blogger Nidhi Sharma reveals what you should eat and delete.

# **6-Pack saboteurs** Sugar

This is one of your biggest flat-ab foes! Cut out fructose (in fruit juices, fizzy drinks, energy drinks and natural sweeteners such as honey and agave syrup) and sugar alcohols (in sugarfree gums, mints and sweets). "The bacteria present in the large intestine ferment these sugars, which causes flatulence and bloating," explains nutritionist Dr Vishakha Shivdasani.

# Salt

A sprinkle is fine, but excess makes you puff up and retain water around the middle. Most of us eat twice as much as we should. Dr Shivdasani recommends no more than 1500mg a day – that's between ½ and ¾ of a teaspoon.

# 'Windy' foods

Cabbage, cauliflower, onions and legumes like chickpeas, baked beans and kidney beans are known as 'windy' foods, as our bodies take longer to digest these, resulting in a build-up of wind and bloating.

# Packaged anything

Make a point of avoiding anything that comes out of a tin, can or bottle. Processed foods such as flour, white rice, pasta, sugary cereals and salty snacks are loaded with sodium, which is commonly used as a preservative to increase the shelf life of packaged foods. "This high sodium content leads to water retention and to bloating," explains Dr Shivdasani.

# Flat-ab foods Yoghurt

A cup of this "encourages the growth of digestion-friendly, healthy bacteria in your gut and wards off bad bacteria that slow down digestion and cause belly inflammation," says Dr Shivdasani. Opt for probiotic yoghurt and avoid flavoured ones, which are loaded with sweeteners. Add fresh fruit instead.

### Avocados

Guacamole lovers, rejoice! The healthy monosaturated fatty acid in avocados helps beat the bloat and makes them the ultimate fat fighters. "The fat content in this rich fruit (about 10g in half an avocado) stops the blood sugar spikes that signal your body to store fat around your midsection," says nutritionist and fitness consultant Suman Agarwal.

Plus, the high potassium helps your body shed excess water weight and prevent fluid retention. "Your belly can hold on to extra fluid if the levels of potassium and sodium (minerals that control the amount of water in your body) are not at optimum levels," reveals Dr Shivdasani.

# Wholegrains

A sluggish digestive system distends your belly and can slow down your race to flat abs. Start your day with a hefty dose of fibre. "Add insoluble fibre like wholegrains, nuts and vegetables, and soluble fibre found in oatmeal, legumes and psyllium husks to your diet," recommends Dr Shivdasani. The two work together to stabilise blood sugar, keeping you full for longer.

# **Berries**

Think of them as tiny soldiers that safeguard your body against external and internal attacks. "Berries facilitate gastric motility and improve blood flow, and their fibre content keeps bloating in check," recommends Suman.

So which ones are best? Blackberries and blueberries top the antioxidant chart and help fuel your fitness regimen by delivering blood to the muscles, enabling them to work harder.

# Red wine

One of your body's responses to stress is to store extra kilojoules, especially around the belly. "Reduce the stress hormone by having 110ml of red wine daily," advises Dr Shivdasani. That's the equivalent of about one glass. •



# Two cups of green tea.

**Breakfast**Oats sprinkled with sunflower seeds and

# a bowl of pawpaw. Mid-morning snack

A handful of nuts, like macadamias and walnuts.

#### Lunch

A bowl of cooked veggies and a bowl of probiotic yoghurt.

#### **Teatime snack**

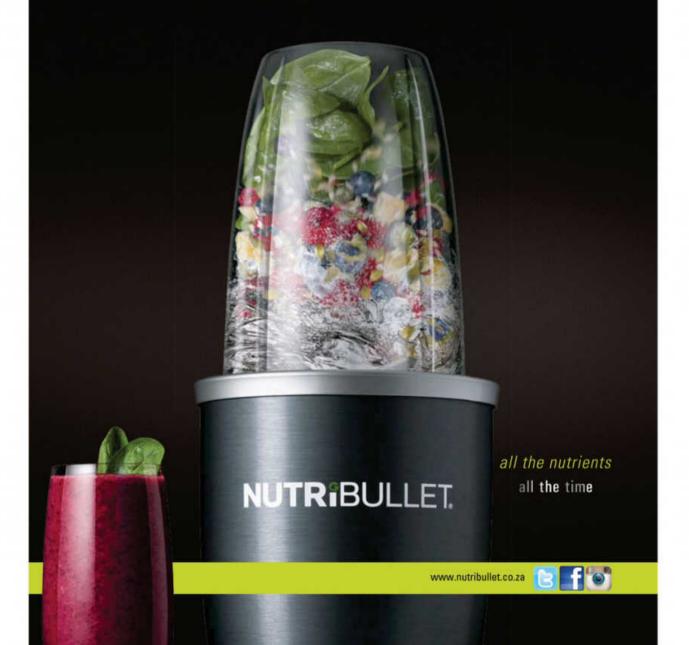
Peanut butter or olives on rye toast.

#### Supper

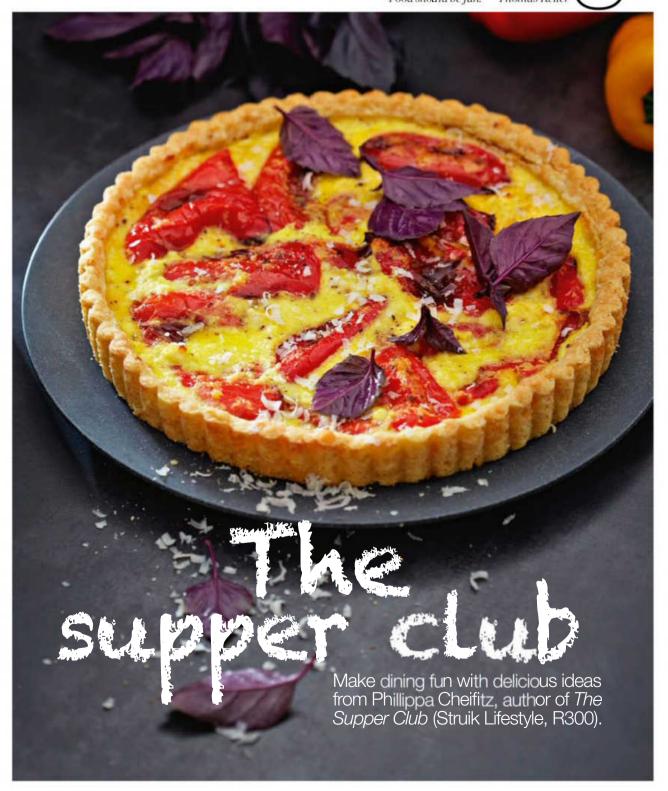
Salmon with herbs and a bowl of cooked spinach.

# How Santa gets down the chimney.

To stay in shape with the healthiest, most nutritious ingredients this festive season, visit www.nutribullet.co.za and order your NUTRiBULLET for just R1995, delivery included.



# Glam Who of the fun." - Thomas Keller of the



# SERVES 6

# Roasted red sweet-pepper tart

# **FOR THE PEPPERS**

4 large red peppers, halved, cored and deseeded **Basil leaves** Salt Olive oil

# FOR THE PARMESAN CRUST

1 cup flour 125q chilled butter 1 cup grated Parmesan

# FOR THE FILLING

3 eggs ½ cup ricotta cheese 1 garlic clove, crushed Sea salt and ground black pepper Grated Parmesan, for garnish Basil leaves, for garnish

# The how-to

# To make the peppers

Preheat the oven to 190°C. Place the peppers skin-side down on a baking tray lined with baking paper. Place a basil leaf or two on top of each red pepper, season and moisten with olive oil. Roast for 30 minutes or until the peppers are soft. Remove from the oven and allow to cool. While the peppers are roasting, make the Parmesan crust.

#### To make the crust

Sift the flour into a bowl. Grate in the butter, then stir in the cheese. Rub everything lightly together. Press into a 20cm tart tin. Prick and freeze while preparing the filling.

#### To make the filling

Mix all of the listed ingredients together until combined.

#### To assemble

Preheat the oven to 190°C and arrange the cooled roasted peppers skin-side up on the pastry. Pour over the ricotta mixture and bake for 30 minutes, until the filling has set and the pastry is pale golden. Sprinkle with grated Parmesan and basil leaves for garnish.



Roast chicken with coriander-chilli pesto and sweetcorn

# FOR THE PESTO

30g fresh coriander 1 green chilli, chopped 2 garlic cloves, chopped 2 tablespoons olive oil (use more if necessary) Sea salt, to taste

# FOR THE CHICKEN

1.5kg free-range chicken Olive oil 1 onion, thinly sliced Sea salt and ground black pepper Coriander, for garnish

# FOR THE PILAF

2 tablespoons olive oil 1 onion, finely chopped 1 garlic clove, crushed 1 cup brown rice 3 cups vegetable stock ½ teaspoon salt 2 sweet mielies Sea salt, to taste

Ground black pepper, to taste

# The how-to

# To make the pesto

Mix all of the pesto ingredients together to form a smooth paste. Set aside until needed.

#### To make the chicken

Start by butterflying the chicken. Oil a roasting pan and arrange the onion over the base. Place the chicken on top. Preheat the oven to 220°C. Carefully lift the skin (keeping it intact) of the chicken and spread the pesto over the meat. Set aside any leftover pesto.

Sprinkle the chicken with a little sea salt and pepper, and moisten with oil. Roast for 45 minutes or until golden and crisp. Meanwhile make the pilaf (see below). When the chicken is done, turn off the heat and leave it to rest for 5 minutes in the oven, Garnish with coriander and serve with the remaining pesto and the pilaf.

#### To make the pilaf

Heat the oil in a pan and soften the onion. Stir in the garlic and rice. Pour in the vegetable stock and bring to a simmer. Stir in the sea salt. Cover tightly and reduce the heat. Cook for 30 minutes. Meanwhile, slice the corn off the cobs. Add to the rice and steam for another 10-15 minutes until the liquid is completely absorbed. Turn off the heat and leave, still covered, for 5 minutes. Season to taste.

# SERVES 6

# Raspberry

Panna cotta, literally 'cooked cream', may sound smarter, but it's just cream set with a little gelatine. Here, half cream and half Greek yoghurt is used because of the hint of tartness. I don't like these too sweet, but if you do, just add more sugar. When fresh raspberries are not in season, I use the frozen ones – a fine substitute.

# 350g raspberries

2 teaspoons powdered gelatine

1/4 cup water

1 cup cream

½ cup sugar

1 cup Greek double-thick

cream yoghurt

1 tablespoon kirsch liqueur (optional)

# The how-to

Blend enough raspberries to make 11/4 cups of purée, then push through a strainer. Set aside the remaining raspberries for garnishing.

Sprinkle the gelatine over the water and leave to soften for a few minutes. Gently heat the cream with the sugar, but take care not to let it boil. Remove from the heat and stir in the softened gelatine until dissolved. Cool slightly, then blend in the yoghurt, raspberry purée and liqueur, if using.

Spoon into short glasses and refrigerate for a few hours, or overnight, to set. Garnish with whole raspberries. 6





# A HOTEL FOR YOU

54 on Bath is an elegantly understated boutique hotel in the heart of Rosebank, Johannesburg. From the moment you enter the lobby, you sense a sophisticated yet timeless atmosphere. It combines all the elements of luxury, great attention to detail and superb dining at our Level Four Restaurant. So whether your needs are business or pleasure, 54 on Bath is a hotel for you.

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54onbath.com

54 on bath

Hot spots, good vibes, great books and movies



# THE HUNGER GAMES:

Mockingiay Part 2 Hollywood's most relatable It-girl, style icon and Oscar winner, Jennifer Lawrence, takes up arms for the last time in this final chapter in the popular sci-fi series. As the leader of District 13. Katniss Everdeen, aka Mockingjay, must unite with Peeta Mellark (Josh Hutcherson). Finnick Odair (Sam Claflin) and Gale Hawthorne (Liam Hemsworth) to free the enslaved people of Panem. Jennifer's effortless depiction of angst-ridden Kat combines with relentless action to make this a must. 00000



# SPECTRE

The 24th instalment of the 007 franchise delivers on all fronts as a glossy, high-octane thriller packed with dangerous men, beautiful women, sleek cars and villains, James Bond (Daniel Craig) faces up to the evil Spectre organisation, but also finds time for the seductive Lucia Sciarra (Monica Bellucci). Ralph Fiennes replaces Judi Dench as M in this fast-paced film. Bond lovers, unite! 00000

# GRANDMA

Comedienne Lily Tomlin plays the sharptongued Elle Reid in this feisty, funny and contemporary comedy. Julia Garner co-stars as Elle's pregnant granddaughter Sage and the plot revolves around a trip through LA in search of \$600, but the real revelations are the vignettes of women's rights, history and love that come with each stop. Don't miss it! 00000

# THE OUTSKIRTS

After falling prey to an embarrassing prank, BFFs Jodi (Victoria Justice) and Mindy (Eden Sher) plot revenge on their high school's cool clique. Aided by do-gooder Claire (Katie Chang), A-grade student Virginia (Ashley Rickards) and slacker Dave (Avan Jogia), they plan to restructure the school's social scene. Hilarious and relatable, think Mean Girls meets Revenge of the Nerds. 00000

# "It's nice to embrace the natural beauty within."

– Victoria Justice

# **TESTAMENT OF YOUTH**

Vera Brittain (Alicia Vikander) and her beau Roland Leighton (Kit Harington) plan to study at Oxford, but everything changes with WWI. Based on the best-selling memoir, this is a poignant film about young love and the devastation of the Great War, all seen through a woman's eyes.

00000





ext: Jacqui Thompson; Photography: Gallo Images/Getty Images, Image.net by Getty







### JASON DERULO EVERYTHING IS 4

Mr Derulo's love life may be down after parting from Jordin Sparks, but his career is up thanks to great vocals and collabs on *Everything Is 4*.

KEY TRACK 'Want to want me'
GET IT For its catchy beats

## ADAM LAMBERT THE ORIGINAL HIGH

Potent singing combines with the house sound of the moment in an album that is less theatrical than Adam Lambert's previous work, but still sure to get you dancing.

KEY TRACK 'Ghost town'

GET IT For summer





## BLACKBYRD **HOME**

Local really is lekker with this Cape Town trio. Their infectious pop/country vibe involves an upbeat feel, impressive guitar skills and excellent harmonies. KEY TRACK 'Can't fall slowly'

GET IT If you love country

## THE WEEKND BEAUTY BEHIND THE MADNESS

The R&B star's second album features the hugely successful *Fifty Shades of Grey* single 'Earned it', and expertly mixes alternative R&B with a dance feel straight out of the '80s.

KEY TRACK 'Real life'
GET IT To chill out





"Learn as much by writing as by reading."



# Reads

## The Magistrate of Gower by Claire Robertson (Umuzi, R202)

Claire Robertson's first novel *The Spiral House* won the *Sunday Times* Fiction Prize and a South African Literary Award. Her second confirms her place in the company of SA's greats. Moving, stunningly written and daring in its approach, *The Magistrate of Gower* explores prejudice, love and courage.

## *Tribe* by Rahla Xenopoulos (Umuzi, R198)

The tribe of this novel comprises six friends who bond amid the drugs, music and love of 1997 lbiza. Over a decade later, tragedy strikes and they must deal with the ageing, loss and self-obsession as they gather at a luxury lodge. Strong contemporary characters with strong contemporary concerns.

## A Place Called Winter by Patrick Gale (Headline Publishing Group, R149)

It's 1906 and the privileged Harry Cane exiles himself from his wife and child after a secret threatens to ruin his family's reputation and land him in jail. Now alone, he starts anew in a remote village. A haunting meditation on sexuality and self-discovery.



## Hot ticket

# That festive **feeling**

Bring the cheer wherever you go this month.



## High notes

Celebrate the beautiful spirit of the season at the Old Mutual Music in the Gardens Carols by Candlelight concert. The line-up includes the sensational Bala Brothers, Shortstraw and the Parlotones, and it all takes place in the Walter Sisulu National Botanical Gardens on 28 November. So pack your picnic basket, grab a blanket and gather your loved ones. Book via plankton.mobi.

#### **ICE ICE BABY**

Incredible artistry, sumptuous sets, gorgeous costumes and a classic tale of love and magic are the order of the day in Swan Lake on Ice at The Teatro at Montecasino. Think triple flips, double axels and death spirals, all brilliantly performed by Moscow's Imperial Ice Stars, from 3 December. It's good family entertainment and extremely popular, so book now via computicket.com.

#### **FEEL THE BURN!**

The Rockman Ultra X-Triathlon has a new home, so if you fancy yourself a fitness fundi, test your endurance at Heia Safari Ranch on 6 December. The race takes place in a safe and unique setting, but be warned: you'll need to watch out for wildlife like antelope and giraffe. There's plenty of on-site accommodation, as well as a restaurant and pool. For more info, visit rockmanxtri.co.za.



## **Durban**

## Let's celebrate

Can't get to Rio Carnival? Then get to Redd's Street Carnival, with its exuberant atmosphere. infectious music, amazing floats and OTT outfits, at People's Park on 28 November. The whole experience makes for a good family day, an unusual date or an opportunity to have a happy time with your galpals. For more info, visit redds.co.za.

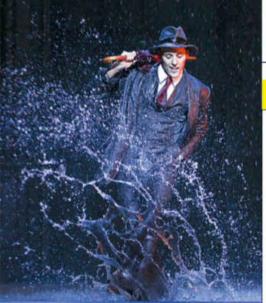


#### COOL CAT

Elizabeth Sneddon Theatre kick-starts the holiday season with their family pantomime Puss in Boots. Expect gorgeous costumes, hilarious jokes, toe-tapping tunes and even some new characters. On from 4 December. Book via computicket.com.



The adorable Scooby-Doo and co will be sleuthing at a theatre near you courtesy of Scooby-Doo Live! Musical Mysteries in Joburg at the Carnival City's Big Top Arena from 4-6 December and at Cape Town's Grand Arena, Grand West from 11-13 December. Book via computicket.com.





## Cape Town

## Making a splash

It's one of the most beloved musicals of all time, and you'll know exactly when *Singin' in the Rain* comes to spectacular life at the Artscape Opera House from 11 December. A stellar cast features in a production that is full of charm, humour, romance, dancing – and, of course, singing in the rain. Book via computicket.com.

#### **JOKES ASIDE**

Everyone needs a good laugh every now and then, and renowned comedian Stuart Taylor will provide plenty of those from 1 December-9 January at the Baxter Theatre, with a show that reviews 2015's highlights, lowlights and the Eskomsponsored lack of lights in the funniest way possible. Book via computicket.com.

#### **BUBBLING OVER**

Wonderful food, a marvellous setting, great atmosphere and bubbles? No wonder we love the annual Franschhoek Cap Classique and Champagne Festival! This year's theme is black and white with a touch of bling, so start planning your outfit and prepare for a good time on 5-6 December. Book your tickets via webticket.co.za.

#### ALFRESCO DINING

For a day packed with fun, wine and lots of delicious food, we suggest you head to Gabriëlskloof Estate in the Overberg. The Gabriëlskloof Lunch Box picnic experience is packed with delicious snacks for two people to share, so pick your spot and enjoy the idyllic scenery. Book your box via restaurant@gabrielskloof.co.za.







## **Nationwide**

Hello, 2016!

Looking to dance in the New Year, floral headband and all, in the company of fellow musicloving souls? How about the Jameson Vic Falls Carnival, with performances by Mango Groove, GoodLuck and Jason Le Roux among others? It all takes place from 29-31 December, and you can book tickets, make travel arrangements and find info by visiting vicfallscarnival.com. 6

# IN NEXT MONTH'S ISSUE



New year style inspiration Boho-chic florals, retro-feel jumpsuits, holiday vibes.

Beauty blueprint We've got all of your big beauty DOs for 2016.

Tech talk When parents go digital.

The GLAMOUR girl's guide to party etiquette

By multitalented SA entertainer Taryn Louch.

His first date fibs Men share their white lies.

## glamour head out

## G spots

# [9 Of the best!]

They're much-loved institutions for a reason.



#### TROYEVILLE HOTEL

1 403 Albertina Sisulu Rd, cnr Wilhemeina St, Troyeville; 011 402 7709

Lively and unpretentious, the Troyeville Hotel has been serving tasty, well-priced Portuguese cuisine since the '70s. Take in the stunning Joburg skyline or delight in the flamingo-painted wall while you enjoy signature dishes like Troyeville prawns (eight for R149) and steak prego roll (R48).

#### FRANCO'S PIZZERIA & TRATTORIA

Upper Level, Office 7, Parkview Centre, 54 Tyrone Ave; 011 646 5449

An Italian spot steeped in family history, Franco's Pizzeria & Trattoria has been going for 29 years, and they continue to make pizza dough daily on site. Try the Del Pescatore (mozzarella, tomato, shrimps, mussels, calamari and garlic; R82).

### SOPHIA'S BISTRO

3 Rivonia Rd, Illovo; 011 024 0311

This much-loved award winner has been running for over 20 years, and its warm feel and service make it is as popular for work lunches as it is for romantic dinners. The largely Mediterranean menu includes delights like Ravioli Salmone (fresh pasta with Norwegian salmon and mascarpone; R98) and grilled Calamari Greco (R110).







#### HARVEY'S

Shop 13, Umhlanga Centre, 189 Ridge Rd, Umhlanga Rocks; 031 561 4977

Harvey's has offered innovative fine dining for some 20 years, and it's still stellar. The seared venison fillet in teriyaki sauce (R198) is a winner, especially paired with the Asian fusion cocktail (R75). Finish with the rich chocolate journey for two (R118).



#### **CAFÉ 1999**

Shop 2, Silvervause Centre, 117 Vause Rd; 031 202 3406

A vibey place that specialises in modern Mediterranean cuisine, we loved Café 1999's Turkish figs (with Gorgonzola, Parma ham and pesto; R55) followed by the roast chicken, Chardonnay and mushroom risotto (R139). Got a sweet tooth? Go for the fresh banana split (R59).

#### ANGELO'S TRATTORIA

Shop 10, Granada Square, 16 Chartwell Dr, Umhlanga Rocks; 031 561 3245
Angelo's Trattoria has been a local haunt for over two decades thanks to its chilled atmosphere and delicious dishes. We recommend the Michel Angelo (baked aubergine, baby marrow and mozzarella; R50) as a starter, and the pesto and pecorino fillet (R165) for mains.

### SOCIETI BISTRO

50 Orange St, Gardens; 021 424 2100

The combination of excellent, innovative food and a fabulous atmosphere have made Societi Bistro one of the city's most adored spots, and its reputation has only grown over the 13 years of its existence. We loved the sesame-crusted goat's cheese, beetroot, orange, grapefruit and rocket salad drizzled with honey (R65), and the oven-roasted garlic and chilli prawns (R193). Finally, the decadent chocolate nemesis (R32) is indulgence personified – and an absolute must!

## MAGICA ROMA

Central Building, 8 Central Square, Pinelands; 021 531 1489

Homely and welcoming with great service, this authentic Italian family-run restaurant has been a Cape Town favourite for more than 20 years. From baby calamari tubes (R69) and Italian caprese (R55) to start to panzerotti veal (roast veal and ricotta filling in cream, sage and Parmesan sauce; R89) as a main, you're in for hearty meals and unostentatious dining.

#### THE ROUNDHOUSE

Round House Rd, The Glen, Camps Bay; 021 438 4347

Built in 1786 as a guardhouse at the base of Table Mountain, The Roundhouse offers a truly luxurious experience. Think ocean views, tuxedo-clad waitrons, impeccable hospitality and mouthwatering dishes presented with flair. Menus of seasonal produce are updated weekly. Four-course menu R665; with wine pairing R905.





# My life in a day by Paul Ballen

The ice-cream connoisseur shares his delectable snaps.

If you've ever wondered about the life-changing possibilities of a gift, consider the ice-cream maker Paul Ballen received on his 21st birthday five years ago. A longtime ice cream lover and post-graduate business-management student at the time, Paul began concocting flavours in his parents' kitchen.

"The first one I made was a basic milk chocolate," he recalls. "Then I tried dulce de leche and roasted banana, chocolate and coffee - the experimenting never stopped." His family was soon raving about combinations like chocolate with Nutella swirls and Oreo chunks - so much so that his mom Lynda made labels for the tubs and Paul got a second machine.

"People associated me with ice cream, so four months after I'd started, I created a Facebook group, Instagram account and order form," he says. Private orders expanded to requests from specialist shops and in 2014, he hired five staff members, moved into a kitchen in Orange Grove, Joburg and got his first retail order from Thrupps. Paul's Homemade Ice Cream opened at 27 Boxes in Melville this year. Try it for yourself or order from paulshomemade.com.

7am Being a foodie, I get moody if I don't start my day with a nutritious meal and a good cup of coffee. I get to the office early so that I can treat my team to a great morning meal, like these coconut and almond-flour pancakes (right). They love it when I get creative.



**8.30am** Off to find ingredients in China Town. It's my favourite part of Joburg and home to unusual buys like the White Rabbit sweets and popping candy that I use in ice creams. I always grab a snack, like fresh coconut, when I'm there.



11am It's kitchen time! Before things get too crazy with meetings, deliveries and dealing with suppliers, I like to mess around in the kitchen. I try to master a new flavour every month and that takes a lot of patience.

Lunchtime meetings are always fun. Luckily for me, they take place at some of the coolest restaurants in Joburg. Today I'm at Nineteen in Stevn City estate.

3pm Lunch over and back to work! I'd love to be crunching on my chocolate ice-cream mix in the kitchen, but I crunch down on work emails instead.



**6pm** I like to get out of the office in time for a beautiful evening run at Zoo Lake in Parkview. This is without a doubt the best part of my day - such tranquillity.

**8pm** Whether it's supper for one, two or 20, I put effort into home-cooked meals, like this salad with mixed roasted veg (left). I like trying out new recipes.

## Glamourscope



APRICORN 22 DEC-20 JAN Bring in the new Good news: your life is about to become far more interesting! There's a huge possibility of unexpected financial gain, and your social life will improve as it's likely that a friend may introduce you to someone who sparks your interest. Coupled up? You'll be enjoying family time together. At work. you'll need to amp up your drive and keep a level head, but your interactions with colleagues will be good. The only health warning is that you will be extra susceptible to sunburn this summer, so be strict about applying that SPF50!

**QUARIUS** 21 JAN-18 FEB Explore and enjoy Love and travel are intertwined for you at this time: you may meet a cool foreigner (possibly a Virgo or Sagittarian) if you're single, and if you're involved, you and your partner will have fun exploring new places together. There may be a separation at work and this could mean either a promotion or quitting your job in search of something more stimulating. Watch your finances as they are tied up with the money of others. Take extra care of your ankles, too, as they are going to be especially vulnerable.

ISCES 19 FEB-20 MARCH Romance may flourish Despite the festive season mood, you'll need to be cautious about your money as well as vigilant about your work and efficiency. You should also check all contracts and agreements carefully. On the bright side, you may be talking about marriage if you're in a relationship (a good time for this is 26 December), and if you're single, you may meet a shy but sexy stranger. Expect to bump into them at art galleries and culinary events. For relaxation, hit the beach - you're in serious need of an energy recharge.

**RIES** 21 MARCH-20 APRIL Work bliss ahead! Passion drives you this month and if you're looking for love and romance, you'll make a conscious effort to attract that special person, Partnered up? Get ready for bedroom fun and sensual exploration, especially on 8-9 December. Work wise, your career may involve other countries, and this will be an excellent month if you work in education, the arts, law, religion or travel. In terms of your finances, your money is tied in with professional or romantic partners - at some point, you will need your own separate account.

Sagittarius 23 NOV-21 DEC YOUR YEAR AHEAD If you're a Sagitarrian, like model Chrissy Teigen (30 November 1985), you're optimistic, generous and honest. You focus on creativity and like to stand out. This year you'll want commitment, and the end of 2015 is especially well starred for romance, with shared adventures and travels. It's also a good year for working in the media, studying and travel. From now until 20 December 2017, your money will flow thanks to international investment and research opportunities. YOUR MONTH AHEAD Breathe in the admiration

This is a time for career advancement with the chance for a better job and greater social prestige. It's all in the details, which you execute with ease. Your finances are expanding and love will come in the form of an intelligent, worldly partner. Travel will feed your souls and connection if you're involved. A great time to plan holidays: from 10 or 19 December.

**AURUS** 21 APRIL-21 MAY Work conditions improve You may receive important information about wills, tax, alimony or joint finances. Your work relationships will improve dramatically and if you have been wanting to ask for an increase, do this on 10-11 December. Single? You'll connect with an independent, original, passionate and rebellious partner. There is a high chance of meeting this person at the local gym or health shop, or through work or travels this month. Already in a relationship? There may be some arguments. The best way to handle these is to communicate and see them as a way to create healthy new patterns in your partnership.

**EMINI** 22 MAY-21 JUNE Shop 'til you drop! This is a brilliant money month and you're set to have lots of fun with big, spontaneous buys - it could be the time to start shopping for that new car. If you're looking for a special someone, you'll be attracted to a wise, scholarly person. If you're involved, there will be discussions about psychology and intellectual matters. Career wise, things look promising, especially if you work in PR, advertising or negotiations, and you'll resolve problems and handle legal matters with ease. The time for added self-confidence is 1-2 December.

**IRGO** 24 AUG-22 SEPT Luck is on your side Expect a more positive self-image and run of good luck during this time. Your health is looking fine, but you may gain some weight, so watch your exercise regime and diet. A business related to luxury, art or music may benefit your finances, and this is a top moment to interact with banks and successful career women. If you're in a romantic relationship, share your feelings with your partner as your relationship needs a little healing. If you're single, you need a gentle soul. Look out for that shy person as they may just be The One!

**ANCER** 22 JUNE-22 JULY More work more pay Here comes an ambitious moment for you and one in which you will operate with extra diligence to achieve prestige and financial security. The benefit is that your efforts will pay off and you'll have more money than usual. On 12-13 December, you'll have an opportune moment in which to make time to reconnect with your partner. Not involved? You now have a strong chance of finding a romantic interest. The person in question is likely to have an earthy personality and could be a Taurean, Virgo or Capricorn.

**IBRA** 23 SEP-23 OCT Your inner social butterfly emerges You're going to be the Festive Queen, organising social gatherings and creating a pleasant atmosphere for everyone involved. Your career is flourishing if you're in the creative and singing sphere, but beware of listening to other people's advice on how to spend your hard-earnt cash as they may want a piece of it. An exciting romance might appear, but don't get too attached as it may just be a summer fling. Tension may provoke headaches so keep hydrated and talk to your partner.

**EO** 23 JULY-23 AUG Abundance all around Your finances are improving and you may invest quite a chunk of money in your business, wellbeing or fitness. Your health is great and your career is skyrocketing, especially if you work in education, publishing, religion, travel or law. Adding to this, it's also set to be a wonderful month for love. If you have a partner, the mood will be nurturing, and if you're not in a relationship, look out for an Aquarian or somebody who is tall with a penchant for modernising things. The best dates for finding them: 26-27 December.

SCORPIO 24 OCT-22 NOV Times are changing Money is on your mind this month and that means you may be looking for more lucrative employment or to travel abroad for financial reasons. You'll also be conscious of your attractiveness and enjoying your looks. If you're coupled up, you'll feel very kind and generous towards your partner. Single? Your dreams of your own Prince Charming may be about to come true. All you need to do is show up, so say yes to all invitations and go out on the town! Your only warning: pay attention to what you eat: your stomach's going to be sensitive.



If he's a Sagittarian, like rapper Jay-Z (4 December 1969), he's wise, philosophical, independent and an adventurer. His ideal woman is smart, well-travelled and able to teach him new things. Foreign languages turn him on and he loves a mate who can be glamorous and boyish. Scorpios and Capricorns make good friends. Leos, Arians, Librans and Aquarians are fantastic. Geminis will fascinate and frustrate him. He likes Pisceans, but can't bond with Cancerians, 

Email goldastrology@gmail.com for your personal reading by our fabulous GLAMOURscope writer Leigh Goldberg.

## The get it guide!

Accessorize

021 425 7701

Adidas 021 421 8262

Afraid of Mice

021 423 7353

ALDO 011 884 4141:

021 938 5050

Babette 021 424 4457

Ballo ball.co.za

**Bronx** 021 590 7000

**Call It Spring** 

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011 476 1294

Charles & Keith

021 938 1217:

021 937 4686 CJR Gift Sales

info @cjr.co.za

**Colette by Colette** 

Hayman 087 808 0080

**Cotton On** 

011 268 3700

Donna Claire 0860 104

**Drotsky** 082 213 1055

**Dune London** 

086 069 2274

Edgars 086 069 2274

Fashion Express

086 010 1048

Fate 021 674 1030

Forever 21 021 555 3324

Foschini 086 010 4764

**G-Star RAW** 

021 418 9000

Gavin Rajah

021 424 7842/49

Gino Paoli

021 514 7700

Glitterati 082 819 5247

**H&M** 021 418 9000

Habits 021 671 7330

Houdt

houdt co za

Kaika 082 377 1017

KLûK CGDT

083 377 7780 (CT):

083 377 7730 (JHB)

Lovisa 021 551 1051 Luella 011 777 2690:

021 529 3146: 031 583 6263

Luxottica 021 486 6100

Madison 021 510 4510

Mango 011 783 7907 Miglio 021 854 9600

MrP 080 021 2535

Pandora

011 706 2377 **Pichulik** 

pichulik.com

**Poetry** 

021 419 0020

River Island

086 069 2274: 011 788 5530

Second Time Around

021 423 7674

Scotch & Soda

011 784 3233

**Spitz** 011 707 7300

Spree.co.za

086 199 9501

Steve Madden

021 552 3722

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Superbalist

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Swarovski

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Tamara Chérie

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Ted Baker 011 450 1156

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## glamour DOs and DON'Ts









## The DOs and DON'Ts of

Stripes Celeb style that's in line... or not?





A bit of disco, a bit of matchymatchy, a lot of **DON'T**.





G

CHECK OUT MORE FASHION DOS AND DON'TS AT **GLAMOUR.CO.ZA**.

- Make a sex tape.
  With someone else.
- 2 Sign off every SMS with 'Love and light'.
- Become obsessed with World of Warcraft.
- Get a cat. Or a house pig. Or a cuddle snake. Get a few of them.
- Start being rude to waiters. Really shout at them.
- Develop road rage, technology rage, wine rage, fruit rage.
- Give up sex and say you want a higher level of connection.
- A Marry someone else.
- Take up the violin. Make 5am your 'practice time'.



Send them lots of selfies every half an hour or so.

Move in with your parents.

12 Or into a charming little basement.

Insist on rebirthing them every night.

Embrace a raw-garlic diet.

Start splitting every bill, taxi fare, take-away order etc down to the cent. Invoice them accordingly.

16 Floss all day.
Everywhere. All the time. And examine the findings. Then share them.

17 Leave the country.

Decide that washing is totally elitest.

Take your imaginary friend to bed with you every night. Sing her to sleep with songs you've made up.

20 Call them by their mother or father's name during sex. Every time. As though you can't help it, no matter how hard you try.

Photography: Richard Keppel-Smith



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